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Healthy lunches



Homemade crumble



Time for tea

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BE MAKING YOU FAT?**

EMMA'S STORY

"How I solved crippling pains and bloating on the low FODMAP diet"

BAKE OFF

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Welcome



Like most of the country, I've been glued to my television watching *The Great British Bake Off*. So, this issue we have the tastiest gluten-free cakes to inspire all you budding bakers out there. Turn to p35 now to find decadent treats to enjoy with afternoon tea, including former *GBBO* contestant Howard Middleton's raspberry and white chocolate shortbread (p36) and delicious lime and blueberry polenta

pyramids (p44), plus tempting autumnal puds (from p83) and DIY breads (from p105).

As well as sweet treats, we've also headed stateside to bring you a collection of our favourite American-inspired dishes. Gather friends for a feast of pepperoni pizza fries (p12), sloppy Joe burgers (p16) and, to wash it all down, your very own homemade root beer and cola (p17).

For many of us with gluten intolerance, there are often other foods we should avoid. Our resident expert and nutritionist, Deborah Thackeray, explains how the low FODMAP diet could help you to feel better than ever, plus find low FODMAP diet recipes to inspire your cooking in the section starting on p23. We've also scoured the shops for the latest products and give you a chance to win fantastic gluten-free goodies on p100. I'd love to hear your thoughts on this issue, so don't forget to email me at editor@eating-and-living-glutenfree.co.uk

Sarah

Sarah Trevor, Editor

Take us with you...

To buy this magazine for the iPad and iPhone, search for 'Eating & Living Gluten Free' on your Newsstand app. You can also subscribe. And, look out for the next issue on sale 19th November.



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WIN!

£908 worth
of prizes up
for grabs
on p100

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Over to you!

We love seeing your latest makes and bakes, so drop us a line and you could win a fab prize!

Steph was tempted by this delicious taco recipe



Kitchen confidence

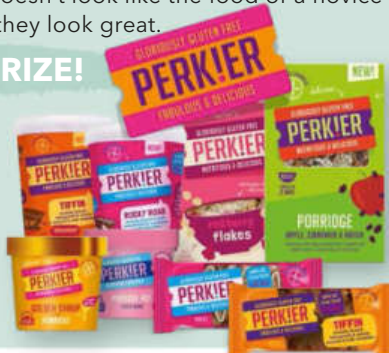
Before I left home, my mum bought me a subscription to *Eating & Living Gluten Free*. I've been cooking lots of the recipes from the magazine, and my confidence in the kitchen has really grown. Recently, I made the tacos from issue 5 and I even managed to adapt them - I'm not a big fan of mango, so I added avocado and some fish. They tasted amazing!

Steph Montgomery, York

Ed: Wow, this certainly doesn't look like the food of a novice chef. Well done Steph - they look great.

STAR LETTER PRIZE!

This issue, our star letter winner receives £25 worth of delicious PERK!ER goodies. To find out more about PERK!ER products go to perkier.co.uk



Teatime favourite

Thank you so much for last issue's feature: *Gluten + cross-reacting foods*. It offered a great insight into why I may be experiencing some discomfort, despite being on a strict gluten free diet for the last nine months. I've cut out the foods suggested by Eleanor and I'm going to gradually reintroduce them to see if I feel better. Keep your fingers crossed!

Susanne Carter, by email

Ed: We're glad we could help to give you some ideas to try, Susanne. Please keep us updated on your progress.

Barbecue time

Me and my son, who is seven years old, both have coeliac disease. I was diagnosed over 20 years ago, but Sam was only diagnosed late last year. It has been a little tough for him as he sometimes finds it hard to understand why he can't eat all the same things as his sister and his friends. For his birthday, we hosted a gluten free family barbecue and he absolutely loved being able to eat everything and anything. The icing on the cake (so to speak!) was most certainly the delicious triple chocolate cake from issue 5. The recipe was really easy to follow and his friends didn't notice that the cake was any different to the cakes that they normally eat. Thank you so much for helping me make my son's birthday so special.

Gary Sanders, Dudley

Ed: I'm so pleased to hear that our cake recipe played a part in Sam enjoying his birthday.

Mad for macaroons

I couldn't resist making the almond macaroons from issue 5. I took them into work and my colleagues devoured them straight away. The recipe was incredibly easy to follow and didn't take long at all to bake.

Susanne Carter, by email

Ed: They look delicious, Susanne - well done!



Here's what you've been tweeting

Need #picnicinspiration this summer? @ELGlutenFreeMag have it covered, including two of my recipes! **@KateJHardie**

I don't use the word 'diet' unless it has an adjective: 'healthy diet', 'gluten free diet' but never 'on a diet' **@elanaRD**

Putting finishing touches to the next GF book this week. It's a whopper with 200 recipes and taken two years to write! Out Feb next year! **@philvickerytv**

WE WANT TO HEAR FROM YOU!

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News bites

Find out what's been cooking in the world of gluten free living

Catch of the day

Those who love fish will be pleased to hear that restaurant Loch Fyne has launched a brand new GF menu. Offering both à la carte and set menu options, dishes have been specially modified and include pan fried megrim sole, Scottish mussels and minted pea risotto, plus a number of desserts such as crème brûlée. "We want to be accommodating to all our guests so that everyone can have a great time," said a Loch Fyne spokesperson.



These are your recipes

Looking for a fab gift for someone who loves cooking? This Is Your Cookbook is a new service that allows you to create a customised cookbook from thousands of recipes, including lots of gluten free options. Start one today at thisisyourcookbook.com

DONUT DELIGHT



For those of you who've been missing eating donuts since you've gone gluten free, help is at hand! Feel Free is launching packs of mini donuts this September, which you'll find in 250 Tesco stores nationwide. You can keep them in the freezer until it's time for a treat, making them great for households who only have one gluten avoider.

3 of the best... biscuits



Good for dunking

These tasty little wholegrain oaty treats come in handy pouches of four, so you can easily pop them in your bag for when you need an on-the-go snack.

Nairn's Gluten Free Oats and Stem Ginger Biscuit Breaks, £1.60 from sainsburys.co.uk



Delightfully decadent

Delicious cookies that are gluten-free and sugar-free? Yes, please! 3 sinners is a new brand that has crowd-funded its launch so expect to see these delicious treats in supermarkets soon. **3 sinners cookies, £1.90 from 3sinners.com**



Café style

A well-known name in free-from products, Organ's almond-flavoured biscotti have been inspired by European baking techniques and are perfect alongside a cup of coffee. **Organ Amaretti Biscotti, £2.18 from goodnessdirect.co.uk**



GO GLUTEN FREE for Breast Cancer Awareness Month

Choose from a range of gluten-free products on sale during Breast Cancer Awareness Month and donate towards a very worthy cause

October is Breast Cancer Awareness Month, and two UK charities have teamed up with food brands to provide opportunities to raise funds through selling tasty gluten-free items.

Breast Cancer Now (breastcancernow.org.uk) is being supported by Mrs Crimble's, which will donate 5p for every special pack of Large Chocolate Macaroons sold, with the aim being to raise £10,000.

Streamline Jam is one of Breast Cancer Care's Pink Products for 2015, with 10p from sales of its special pink-lidded jars of reduced-sugar jams and marmalades

going to support Breast Cancer Care's work. Check out the rest of the Pink Products at breastcancercare.org.uk.

Asda is once again selling its Tickled Pink range from mid September, with donations going to both of these charities. Gluten-free Tickled Pink products include Alpro Unsweetened Almond Milk and Simply Plain yoghurt. Make both of these the focus of your breakfast in October and you'll be donating 16p per product to the two charities – check out asda.com for more info on the initiative and to see other food and items that will be available.

THIS ISSUE'S TOP WEBSITE

NOSH BOOKS



Run by the May family of Joy, Ron, Ben and Tim, noshbooks.com is bursting with inspiration. The family has published seven cookbooks, with the latest being *Nosh Gluten-Free*. As she was writing it Joy discovered she was gluten intolerant, which has led to her experimenting more with GF dishes. There are lots of free-from recipes on the website with a diverse range of dishes such as chocolate fudge cake and coconut cod, so if you're looking for mealtime inspiration, pop on over!

Diary dates

Saturday 10th October

Framlingham Sausage Fest, Framlingham

This popular family event has a new gluten-free sausage category where you can vote for your favourite GF banger created by top companies. Find out more and buy tickets at framsausagefest.co.uk

10th November

Gluten-free savoury baking workshop, £95, Cardigan

Learn how to make savoury goodies including pasta, pizza and sausage rolls. Book your place at vicnorth.co.uk



19th November

The next issue is out!

Get your hands on the next issue of *Eating & Living Gluten Free* and you'll be in for a treat! This issue will be bursting with recipes and tips to plan your perfect Christmas including divine desserts, stylish starters and sides, and homemade gifts.



28th November

Gluten-free bread and pastry workshop, £125, Abingdon

Creative Living, part of the Miele brand of appliances, is running a one-day course to teach you the basics of GF bread and pastry making. For more info and to book, go to miele.co.uk

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FREE FROM



Coconut chia bowl



Paleo-friendly burger



Creole prawn blaff



No-dairy ice-cream sandwich

The new issue of *Eating & Living: Free From* is packed with over 60 delicious recipes to try this summer!

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180+
*recipes
& ideas*

- * MAKE YOUR OWN ALMOND MILK
- * NO-BAKE CHOCOLATE CUPCAKES
- * FREE-FROM DISHES TO SHARE

Lunch on the go!

Simple ideas for midday munchies

EAT WELL, FEEL BETTER

Find out why a healthier diet can do wonders for your mood...



OLIA HERCULES
We meet the chef and author of *Mamushka*



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INSIDE THIS ISSUE

- Dairy-free bakes and sugar-free treats, plus vegan ice cream, gluten-free cheesecake and raw chocolate cupcakes
- Great ideas for dinner with friends, healthy breakfasts, on-the-go lunches and fuss-free midweek meals
- Learn how to make nut milk with our easy step-by-step guide
- Recipes from top chefs and advice from experts
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Stateside style

Be inspired by seven ideas from across the Atlantic to cook up some tasty dishes for the new season

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Bourbon baked beans **15**

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TREAT YOUR TASTEBUDS
TO POPCORN WITH CHOCOLATE OR CARAMEL SAUCE
ON **P19** >>



Pepperoni pizza fries

Tomato sauce and melted cheese is a heavenly combo for a bread dough base, so why not try this classic atop a mound of chipped potatoes for an indulgent feast

SKILL LEVEL:  **SERVES 4** **PREPARATION:** less than 20 minutes **COOKING:** 35 minutes

YOU WILL NEED

- 3-4 large floury potatoes, all roughly the same size
- Vegetable or sunflower oil
- Sea salt flakes
- 1 tbsp vegetable oil
- 1 red onion, halved and thinly sliced
- 1 tsp dried oregano
- 2 tbsp balsamic vinegar
- 200g (7oz) passata
- 55g (2¼oz) gluten-free pepperoni slices, halved if large
- 50g (2oz) stoned black olives, sliced
- 350g (12oz) finely chopped or ready grated mozzarella

KCAL 571	FAT 36g	SATURATES 16g	CARBS 36g
SUGAR 6g	FIBRE 5g	PROTEIN 24g	SALT 1.7g

*PER SERVING

HOW TO MAKE

- 1 Peel the potatoes and trim each one on all sides to create a block. Cut the block into slices about 1cm (½ in) thick, and then slice again into chips.
- 2 Put the potatoes into a bowl of iced water for at least 5 minutes, to remove the excess starch and prevent the chips sticking when frying.
- 3 Fill a large saucepan one-third full with the oil or, if using a deep-fat fryer, follow the manufacturer's instructions. Heat the oil to 190°C/375°F or until a cube of bread browns in 30 seconds.
- 4 Drain the potatoes and dry very well. Working in batches, fry

a handful of potatoes at a time. Place the potatoes in a frying basket (or use a slotted metal spoon) and lower into the hot oil carefully. Fry for 4 minutes. Remove and drain on paper towels. Repeat until all of the potatoes have been fried.

5 Just before serving, skim any debris off the top of the cooking oil and reheat to the same temperature. Fry as before, working in batches, but only cook until crisp and golden, about 2 minutes. Remove and drain on paper towels. Repeat until all of the potatoes have been fried. Sprinkle with sea salt to serve.

6 Meanwhile, heat the oil and fry the onion and oregano in a small frying pan until soft. Add the balsamic vinegar and cook, stirring, until evaporated. Set aside. Preheat the grill to high.

7 Spread the fries in a shallow baking dish and drizzle the passata over, then drop on blobs of the balsamic onion. Scatter over the pepperoni followed by the olives, and then top all over with the mozzarella.

8 Place under the preheated grill until the cheese melts and just turns golden, approximately 5 minutes. Serve immediately.



Recipe taken from *Fries* by Laura Washburn (Ryland Peters & Small, £9.99)

CHEF'S TIP

Pepperoni slices taste great in this dish, but anything that works on a pizza will work here, so feel free to experiment with your toppings.

YOU WILL NEED**FOR THE CHICKEN WINGS**

- 1.8kg (4lb) chicken wings, halved at the joints, tips removed
- ½ onion, chopped
- 35g (1¼ oz) spring onions, sliced
- 7 garlic cloves, finely chopped
- 4 habanero peppers, deseeded and chopped
- 3 tbsp chopped fresh thyme leaves
- 2 tsp dried thyme
- 2 tbsp kosher salt
- 1 tbsp freshly ground black pepper
- 1 tbsp ground allspice
- 1 tsp ground cinnamon
- 2 tsp ground cumin
- 1 tsp chilli powder
- 1 tsp freshly grated nutmeg
- 4 tbsp vegetable oil
- 5 tbsp gluten-free soy sauce
- 3 tbsp brown sugar
- 120ml (4 fl oz) freshly squeezed lime juice

FOR THE CAJUN REMOULADE DIPPING SAUCE

- 500g (1lb 2oz) mayonnaise
- 2 tbsp homemade ketchup
- 2 tbsp English mustard powder, made into mustard with water
- 1 tbsp fresh flat-leaf parsley, chopped
- 1 tbsp cayenne pepper
- 1 tbsp freshly squeezed lemon juice
- 2 tsp prepared horseradish
- 3 garlic cloves, finely chopped
- 1 tsp Worcestershire sauce
- 1 tsp celery salt
- 1 tsp paprika

KCAL
860FAT
67gSATURATES
13gCARBS
21gSUGAR
19gFIBRE
2gPROTEIN
42gSALT
7.3g

*PER SERVING

CHEF'S TIP

If you're eating al fresco, cook the wings in the oven and then transfer them to the barbecue for the last 10-15 minutes of the cooking time for a flame-grilled finish.



Photography: Toby Scott

Jerk chicken wings with remoulade dipping sauce

Spicy, juicy and very, very moreish, these caramelised jerk chicken wings are perfect for sharing with friends and family

SKILL LEVEL: **SERVES 6 PREPARATION:** 20 minutes, plus marinating time**COOKING:** 50-55 minutes**HOW TO MAKE**

1 Put the onion, spring onions, garlic, habanero peppers, fresh and dried thyme, kosher salt, black pepper, allspice, cinnamon, cumin, chilli powder, nutmeg, vegetable oil, soy sauce, brown sugar and lime juice in a blender and blend until the marinade is completely smooth.

2 Place the chicken in a large bowl, pour the marinade over and toss to coat completely. Cover the bowl with clingfilm and marinate in the refrigerator overnight, or for at least eight hours.

3 When you are ready to cook the wings, preheat the oven to 230°C/450°F/Gas Mark 8. Line two to three baking sheets with foil and grease with cooking spray or vegetable oil.

4 Place the chicken wings onto

the baking sheets and reserve the marinade left in the bowl. Bake in the preheated oven for 25 minutes. Brush half the reserved marinade over the chicken and turn the wings over. Bake for a further 15 minutes.

5 Turn the chicken again and brush on the remaining marinade. Bake for a further 10 to 15 minutes until the chicken is tender and caramelised and the juices run clear when the thickest part is pierced to the bone. Rest the wings on the baking sheets for 5 minutes before transferring to a serving platter.

6 Combine all of the dipping sauce ingredients in a blender or food processor. Blend until smooth, pour into a bowl and cover with cling film. Refrigerate until you are ready to serve.



Recipe taken from *Chicken Wings* by Carole Hilker (Ryland Peters & Small, £16.99)

READER OFFER! *Chicken Wings* is available to buy at the special price of £11.99, including UK P&P, by telephoning Macmillan Direct on 01256 302 699 and quoting the reference 'GLR EB5'.

YOU WILL NEED

- 450g (16oz) bacon, cut into 2.5cm (1in) pieces
- 1 onion, chopped
- 3x 440g (15½oz) cans of baked beans
- 1x 440g (15½oz) can of kidney beans, drained
- 2 tbsp dark molasses or treacle
- 2 tbsp dark brown sugar
- 80ml (3fl oz) bourbon
- 120ml (4fl oz) chilli sauce
- 1 tsp mustard powder
- 1 tsp ground cinnamon

KCAL

375

FAT

11g

SATURATES

4g

CARBS

39g

SUGAR

21g

FIBRE

10g

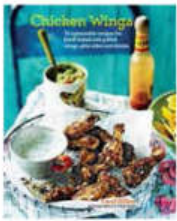
PROTEIN

20g

SALT

5.8g

*PER SERVING



Recipe taken from *Chicken Wings* by Carole Hilker (Ryland Peters & Small, £16.99)

READER OFFER! *Chicken Wings* is available to buy at the special price of £11.99, including UK P&P, by telephoning Macmillan Direct on 01256 302 699 and quoting the reference 'GLR EBS'.

CHEF'S TIP

These baked beans are made with a mixture of pre-baked haricot beans in tomato sauce and canned kidney beans, but you can always swap the kidney beans for butter beans, black eyed beans or any other variety of canned beans you like.



Photography: Toby Scott

Bourbon baked beans

Dark brown sugar, dark molasses and blended whisky give these bonfire-style beans a smoky, sweet flavour

SKILL LEVEL: 

SERVES 6-8 PREPARATION: 15 minutes **COOKING:** 40 minutes

HOW TO MAKE

1 Preheat the oven to 180°C/350°F/Gas Mark 4.

2 Cook the bacon on a baking sheet in the oven or in a frying pan on the stove until crisp. Drain and set aside, saving the bacon drippings.

3 Sauté the onion in the bacon drippings until translucent.

4 In a large bowl, mix the onion, baked beans, kidney beans, molasses, sugar, bourbon, chilli sauce, mustard powder and cinnamon. Add the bacon and fold in gently.

5 Pour the mixture into a large pot or casserole dish. Cover with a lid or with foil. Bake the beans for 40 minutes. Allow to stand for 10 to 15 minutes before serving.



Photography: www.kallo.com

YOU WILL NEED

- Olive oil
- 1 red pepper, cut into small cubes
- 1 medium onion, chopped
- 2 medium garlic cloves, crushed
- 500g (1lb 2oz) lean steak mince
- 2-3 rashers of smoked bacon, fat removed cut into small pieces
- 1 tsp chilli powder or to taste
- 1 tsp ground cumin
- 400g (14oz) passata or chopped tomatoes
- Small tin baked beans (optional)
- Small pack of button mushrooms, quartered
- 1 tbsp balsamic vinegar
- 1 tbsp Worcestershire sauce
- 1 generous squirt of tomato ketchup
- 1 Kallo Beef Stock Cube
- ½ Kallo Mushroom Stock Cube
- 250ml (8¾ fl oz) hot water
- Salt and pepper
- Gluten-free bread rolls or burger buns, to serve

KCAL
377FAT
19gSATURATES
7gCARBS
14gSUGAR
12gFIBRE
4gPROTEIN
35gSALT
2.8g

*PER SERVING

Sloppy Joe burgers

Messy but delicious, this American classic is a scrummy alternative to your usual meat patty

SKILL LEVEL:  **SERVES 4**

PREPARATION: 15 minutes **COOKING:** 40 minutes

HOW TO MAKE

1 Heat the oil in a large pan, add the onion and garlic and fry gently for a couple of minutes. Add the peppers and reduce the heat.

2 While the above are cooking, gently fry the bacon in a frying pan for a couple of minutes until it starts to crisp up. Add the mince and heat until browned, stirring regularly to break up any lumps.

3 Once browned, drain off any excess fat and add the mince and bacon to the onions and peppers. Season with salt and pepper.

4 Add the passata and mushrooms. Stir to combine, and heat gently for a couple of minutes. Dissolve the stock cubes in the water and add to the pan.

5 Add the chilli powder, ketchup and cumin. Stir well and add the vinegar and Worcestershire sauce. Mix to combine, and then bring to the boil. Taste and correct seasoning if required. If using tinned tomatoes you may want to add a teaspoon of sugar to correct the acidity. Reduce the heat to low and simmer, stirring occasionally, until the mixture thickens, approximately 30 minutes.

CHEF'S TIP

Sloppy Joes are traditionally served on burger buns, but they're also delicious on jacket potatoes or potato wedges.



Recipe courtesy of Kallo. Visit kallo.com for more information and recipes

YOU WILL NEED

FOR THE ROOT BEER

- 115g cup (4oz) sassafras root bark (from Amazon)
- Small bunch of mint leaves
- Zest of 1 lime
- 1 vanilla pod, split and seeds scraped out
- 1 cinnamon stick
- Pinch of ground coriander
- Pinch of allspice
- 200g (7oz) sugar
- 85g (3½oz) molasses
- 700ml (1¼ pints) water
- Soda water

KCAL

194

FAT

0.2g

SATURATES

0g

CARBS

47g

SUGAR

44g

FIBRE

0.4g

PROTEIN

0.6g

SALT

0.1g

*PER SERVING

FOR THE COLA

- 400g (14 oz) white sugar
- 2 tbsp dark brown sugar
- Zest of 1 very large or 2 small/medium oranges
- Zest of 1 lime
- Zest of 1 lemon
- 2 tsp coriander seeds, crushed in a pestle and mortar
- 1½ tsp dried lavender
- 4 star anise
- 1 vanilla pod, split
- 1 cinnamon stick
- 1 tsp finely chopped fresh ginger
- ¼ tsp citric acid
- 450ml (15¾fl oz) water
- Soda water

KCAL

299

FAT

0.3g

SATURATES

0g

CARBS

74g

SUGAR

73g

FIBRE

0.1g

PROTEIN

0.2g

SALT

0.1g

*PER SERVING

CHEF'S TIP

Not only does root beer make a refreshing drink on its own but it's also great paired with vanilla ice cream for a decadent root beer float, or used as a base for BBQ sauce, marinades and dips.



Photography: Toby Scott

Homemade root beer and cola

Whip up a round of refreshing non-alcoholic drinks at a moment's notice with Carole Hilker's quick and easy soda pop recipes

SKILL LEVEL:  **SERVES 6** **PREPARATION:** 10 minutes, plus cooling time
COOKING: 20 minutes each

HOW TO MAKE

ROOT BEER

1 Put the sassafras root bark and mint in a large saucepan. Add the lime zest, vanilla (seeds and pod), cinnamon, ground coriander and allspice. Add 700ml (1¼ pints) water. Bring to a boil, and then reduce the heat and simmer for 15 to 20 minutes until the mixture reduces by a third.

2 Strain through a fine mesh sieve into a large jug. While still warm, add the sugar and molasses and stir until dissolved.

3 To serve, dilute 1 to 2 tablespoons of the syrup with 225ml (7-8fl oz) soda water.

COLA

1 Place all of the ingredients in a medium saucepan with 450ml (15¾fl oz) water. Boil for 20 minutes over a medium heat. Remove from the heat and set the pan in a large bowl of ice.

2 To serve, dilute 1 to 2 tablespoons of the syrup with 225ml (7-8fl oz) soda water.



Recipe taken from *Chicken Wings* by Carole Hilker (Ryland Peters & Small, £16.99)

READER OFFER! *Chicken Wings* is available to buy at the special price of £11.99, including UK P&P, by telephoning Macmillan Direct on 01256 302 699 and quoting the reference 'GLR EB5'.

YOU WILL NEED

- Non-stick cooking spray
- 1 cup (250g) gluten-free peanut butter
- 1 large egg, beaten
- ¼ cup (240ml) honey
- 1 tsp gluten-free baking soda
- 1 large ripe banana, mashed
- 1 tsp pure vanilla extract
- ½ tsp kosher salt
- ½ cup semisweet/dark chocolate chips
- ⅓ cup Nutella® (or other gluten-free chocolate hazelnut spread)
- Sea salt, for sprinkling

KCAL
253FAT
16gSATURATES
4gCARBS
19gSUGAR
18gFIBRE
2gPROTEIN
7gSALT
0.8g

*PER SERVING



Photography: Helen Norman

Nutella and peanut butter blondies

Satisfy your sweet tooth by baking a batch of these chocolatey marbled squares of joy!

SKILL LEVEL: **MAKES 12 bars**

PREPARATION: 30 minutes, plus cooling time **COOKING:** 20-30 minutes

HOW TO MAKE

1 Position a rack in the centre of the oven and heat the oven to 180°C/350°F/Gas Mark 4. Grease a 23x23cm (9x9in) pan with non-stick cooking spray and line it with foil or parchment, leaving an overhang on the sides.

2 In a large bowl, combine the peanut butter, egg, honey, baking soda, banana, vanilla and salt. Using a hand-held electric mixer, beat the ingredients on medium speed until well combined and the batter is smooth. Fold in the chocolate chips.

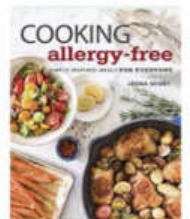
3 Scrape the batter into the prepared pan and smooth the top. Warm the Nutella to loosen it

up, then dollop it a teaspoon at a time all over the top of the batter. Gently swirl the Nutella into the peanut butter mixture with a skewer or knife, but don't swirl so much that the two completely blend together. You should still see streaks of Nutella on top of the peanut butter. Sprinkle with sea salt.

4 Bake for 20 to 30 minutes, or until the edges become golden brown and the centre doesn't jiggle. Allow the blondies to cool for about 20 minutes, and then use the foil or parchment overhang as handles to transfer the blondies to a rack to cool completely. Once cool, cut into 12 bars.

CHEF'S TIP

You can make these vegan by leaving out the egg, replacing the honey with ¼ cup (240ml) agave nectar, using dairy-free chocolate chips and replacing the Nutella with the same amount of peanut butter or any other nut butter.



Recipe taken from *Cooking Allergy-Free, Simple Inspired Meals for Everyone* by Jenna Short (The Taunton Press, £19.99)

YOU WILL NEED

- 2 tbsp coconut oil
- 110g (½ cup) popcorn kernels

FOR THE SALTED CHOCOLATE SAUCE

- 4 tbsp coconut oil, melted
- 2 tbsp pure maple syrup
- 3 tbsp raw cacao (or cocoa) powder
- Pinch of salt

KCAL

287

FAT

18g

SATURATES

15g

CARBS

25g

SUGAR

7g

FIBRE

5g

PROTEIN

4g

SALT

0.1g

*PER SERVING

FOR THE SALTED CARAMEL SAUCE

- 4 tbsp coconut oil, melted
- 2 tbsp pure maple syrup
- 2 tbsp cashew butter
- Pinch of salt

KCAL

322

FAT

22g

SATURATES

15g

CARBS

26g

SUGAR

7g

FIBRE

4g

PROTEIN

4g

SALT

0.2g

*PER SERVING



Photography: Matt Russell

Popcorn – two ways!

Drizzle Saskia Gregson-Williams' luxurious sauces over popped corn for a decadent movie night treat

SKILL LEVEL:  **SERVES 4**

PREPARATION: 5-10 minutes, plus chilling time **COOKING:** 1-2 minutes

HOW TO MAKE

1 Start by putting the coconut oil into a large pan and melting it over a medium heat. Remove from the heat and add your popcorn kernels, then put a lid on the pan and wait 30 seconds before returning to the heat, as this allows all the kernels to heat up evenly.

2 Put the pan back on the heat, with the lid on, and keep on the heat until all the popcorn has finished popping.

When all is silent, remove the lid and pour the popcorn into an airtight plastic container. Now make your sauce of choice.

3 For each of the sauces, mix all of the ingredients together until smooth, pour over the popcorn and toss well. Put into the fridge and allow to set for approximately 15 minutes, or until the sauce has hardened.

CHEF'S TIP

Stored in an airtight container in the fridge, the popcorn will keep for up to three days. Uncoated, the popcorn can be kept out of the fridge in an airtight container or resealable plastic bag.



Recipe taken from
Naturally Sassy by
Saskia Gregson-Williams (Ebury Press,
£16.99)

THE LOW FODMAP DIET

Developed in Australia, could this innovative approach to treating IBS help those with gluten sensitivity? Nutritionist **Deborah Thackeray** investigates

As a nutritionist, I am frequently approached by clients who have been diagnosed with irritable bowel syndrome (IBS) and are avoiding gluten already but still suffer from pain and bloating. They are looking to try the low FODMAPs approach to see if this can relieve symptoms, but as with any major diet or lifestyle change, it's not always that simple as the list of what you can and cannot eat can seem very complex. One of my clients summed up her confusion: "The doctor might as well have said go away and learn Spanish!"

The low FODMAP diet is an innovative approach to managing functional bowel disorders, such as IBS, and can seem very complicated to begin with. However,



Deborah Thackeray BSc Registered Nutritional Therapist mBANT has a practice in North Yorkshire. She has an interest in coeliac disease and gluten sensitivity and set up a website and e-magazine with her coeliac husband, Ian. Deborah is a consultant to gluten-free food producers and teaches gluten-free baking. Go to glutenfreebaking.co.uk for more info.

research does show that for many people, it can offer huge relief from their pain, and also from other debilitating symptoms¹. It isn't, strictly speaking, a gluten free diet, but the 'avoid' list does contain wheat. The symptoms of gluten sensitivity or coeliac disease may often look like IBS but this is a diet for IBS sufferers only.

LOW, NOT NO!

The approach is to reduce foods that contain FODMAPs – that is, fermentable carbohydrates – but not to eliminate them completely. Fermentation in the gut leads to gas, which causes bloating and pain. The FODMAPs are fermentable oligo-, di- and mon-saccharides and polyols (hence the handy acronym!) and include fructans, galactans and polyols, as well as fructose and lactose. These short chain carbohydrates are not well digested by anyone, but for certain individuals they cause a lot of dietary problems and discomfort.

The FODMAP diet originated in Australia¹, where a lot of the world's most interesting gut research comes from, but is now being used in the UK². Unlike many fashionable diets, this one is widely recommended by NHS gastroenterologists.

WHERE TO START

All the FODMAPs are excluded at once, hopefully leading to a marked reduction in symptoms, then are slowly re-introduced one at a time. The food groups covered include lactose-containing dairy products, fructose (natural sugars), fructans (the onion family and wheat), polyols (mushrooms, cauliflower and some other vegetables and fruits) and galactans (legumes and pulses). There are lots of resources to help you go on the low FODMAP diet, including books and a smartphone app from Monash University in Australia, where the research originated.

One of the main issues with the low FODMAP diet is that it excludes many foods that would normally be considered healthy, such as broccoli and beans. Following the programme properly should lead to this restriction only being short term, but many people end up following it without a structured plan to reintroduce foods. It's important to remember that it is a low FODMAP, not a no FODMAP diet, so it is possible to have, say, half a cup of pulses a day.

There is a long list of foods that you can't eat, which makes the diet a little hard to stick to, particularly in social situations. However, there are still a wide variety of foods that you can eat. All meat and fish, as well as most nuts and lactose-free dairy products provide the protein the body needs. Gluten-free grains such as rice, quinoa and oats provide the basic carbohydrates and there are lots of

vegetables, such as courgettes and carrots, and fruits, such as satsumas and bananas, that are on the 'okay' list.

On the excluded list are the onion family, one of the hardest groups to do without for any cook. You have to be quite resourceful to make soups and stews without onions or garlic. A useful tip is to infuse olive oil with garlic and use it to cook carrots, celery and fennel as a base. The diet is definitely harder to follow if you are vegetarian because of having to virtually eliminate beans and pulses.

FINDING TRIGGERS

You can remain on a low FODMAP diet for some time, if you are careful about the way you eat. Ideally, the idea is to reintroduce each food group in a very formal way, thus identifying personal trigger foods. Normally, after 4-8 weeks following the diet, you start by introducing one of the food groups, for example polyols by eating some mushrooms and apricots three times in the week, and monitoring your symptoms. This is where professional help from a dietician or registered nutritionist can be really beneficial.

Because it is a very restrictive diet, people often give up quite quickly. However, the low FODMAP diet can offer real relief from the symptoms of IBS. Sometimes, reducing FODMAPs for a period of time is enough and on reintroducing foods, symptoms are much reduced. In other cases, it becomes clear that some foods may have to be avoided for longer.

DON'T RUSH IN

It is important to seek medical advice before starting the low FODMAP diet to ensure that you have IBS rather than coeliac disease as the symptoms are often confused. Going on a gluten free diet before diagnosis can make IBS extremely difficult to identify, so it is advisable to stick to your regular diet until after you have received a proper diagnosis.

If you have been diagnosed with IBS and have given up gluten already but are still experiencing gut problems, then the low FODMAPs approach could be very beneficial. Many people experience relief after only a few days. For diagnosed coeliacs who continue to have gut problems, which may be related to other food sensitivities, following the low FODMAP diet alongside a gluten free diet may help to identify what those foods are.

Sources:

1 Gibson, P.R. & Shepherd, S.J. (2010). Evidence-based dietary management of functional gastrointestinal symptoms: The FODMAP approach. *Journal of gastroenterology and hepatology*, 25(2), 252-258.

2 Staudacher, H.M., Whelan, K., Irving, P.M. & Lomer, M.C.E. (2011). Comparison of symptom response following advice for a diet low in fermentable carbohydrates (FODMAPs) versus standard dietary advice in patients with irritable bowel syndrome. *Journal of Human Nutrition and Dietetics*, 24(5), 487-495.

THE DOS AND DON'TS

WHAT YOU CAN'T EAT

- * Fructose:
Apple, mango, pear, fruit juice, dried fruit, corn syrup and honey
- * Lactose:
Milk, yoghurt, custard and soft cheese
- * Fructans:
Onion, garlic, leek, artichoke, asparagus, beetroot, broccoli, Brussel sprouts, cabbage, fennel, wheat, rye and watermelon
- * Galactans:
Beans, chickpeas, lentils and soy
- * Polyols:
Apple, apricot, avocado, blackberry, cherry, nectarine, peach, pear, plum, watermelon, cauliflower, green pepper, mushroom, sweetcorn, sorbitol, mannitol and xylitol

WHAT YOU CAN EAT

- * Fruit:
Banana, blueberry, cantaloupe and honeydew melon, cranberry, grapes, grapefruit, kiwifruit, lemon, lime, orange, raspberry, rhubarb and strawberry
- * Vegetables:
Aubergine, bean sprouts, carrot, celery, courgette, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin and squash, red pepper, spinach, swede, sweet potato, tomato and turnip
- * Cereals:
Gluten-free bread or cereal, spelt, rice, oats, polenta, quinoa, sorghum and tapioca
- * Dairy-type products:
Lactose-free milk, oat milk, rice milk, soy milk, hard cheese, brie, camembert, lactose-free yoghurt and dairy-free spread
- * Others:
Sugar, golden syrup, maple syrup and treacle

Find low FODMAP recipes to help you get started in the section starting on p23.

FLYING THE LOW FODMAP FLAG

Blogger **Emma Hatcher** is making it her mission to spread the word about the benefits of following the low FODMAP diet



Eight years ago, after suffering crippling stomach pain and bloating, Emma Hatcher was diagnosed with irritable bowel syndrome and wheat intolerance. Removing wheat from her diet helped for a few years, but when her symptoms returned she had to give up lactose and gluten, too. Without much change and becoming increasingly frustrated, Emma's dietician suggested following a FODMAP-free diet. "It was a light bulb moment," says Emma. "Not only have my symptoms decreased dramatically, but it has completely changed my life. I feel better, happier and healthier than ever."

FRESH START

Emma's success with the diet encouraged her to create her blog, *She Can't Eat What?!* to raise awareness and help others in the same position. "Getting messages from people saying they are enjoying my recipes and that my blog has helped them to follow the low FODMAP diet makes me so proud," says Emma. "To know I am helping others with their journey and to enjoy delicious food is the most amazing thing."

AROUND THE WORLD

Emma's recipe inspiration comes from all over the world, and it really shows in her blog (the sweet treat section is a must). She gathers ideas from near: "I could live in London's Borough Market", to virtually - through beautiful blogs and Instagram - and far. "I spent a semester studying at the University of Toronto in Canada," she says. "I was blown away by the

amount of healthy food options available in the city. It's the most multicultural place I've ever been to, and caters brilliantly well for people with food allergies or those who just want to follow a healthier lifestyle."

Better understanding of food allergies and the availability of suitable alternatives, especially in the UK, drive Emma's determination to show what can be done with a little imagination. "Awareness of food intolerances is growing and so many more supermarkets and restaurants cater for those who suffer, but the low FODMAP diet still falls under the radar," says Emma. "The substitute foods available are often also full of rubbish and can be unhealthier for you than the real thing. Understanding of intolerances is growing, but we've still got a long way to go."

THE FUTURE'S BRIGHT

At only 22, and with an already busy schedule, Emma plans to expand her horizons further. Alongside her full-time job, Emma is looking to complete a Nutritional Therapy Course, as well as grow her blog. "I have some great collaborations with brands such as Wellicious coming up," she enthuses. "I've also been working with the Health Bloggers Community and am currently introducing a new blog series to expand *She Can't Eat What?!* I'm not quite sure of the big dream yet, but I know it will involve me working somewhere in the health, nutrition and wellness world!"

To follow Emma's experiences and recipes, visit shecanteatwhat.com

Low fodmap diet

This collection of innovative recipes show that low FODMAP dishes can still be high in taste!

Greek salad
Coconut green curry

24
26

Broccoli spaghetti with Brazil
nut and basil pesto

27

Key lime raw cheesecake
Maple garlic glazed salmon

28

29

KEY TO SUCCESS

LOW FODMAP, GF
AND YUMMY? YES
PLEASE! FIND THIS
PUD ON **P28** >>



Greek salad with lemon vinaigrette

While the mint adds a burst of freshness, the zingy dressing elevates this simple salad to the next level!

SKILL LEVEL:  **SERVES 4** **PREPARATION:** 10 minutes

YOU WILL NEED

- 1 large head of romaine lettuce, washed, trimmed and diced
- 5 small tomatoes, quartered
- 125g (4oz) feta cheese, crumbled
- 1 lemon, juiced (about 2 tbsp of lemon juice)
- 4 tbsp olive oil
- Salt and pepper to taste
- ½ tbsp fresh chopped mint leaves
- 45g (1½oz) Kalamata olives, pitted and chopped

KCAL 232	FAT 19g	SATURATES 6g	CARBS 5g
SUGAR 5g	FIBRE 5g	PROTEIN 7g	SALT 1.4g

*PER SERVING



Recipe by Kate
Scarlata of The Well
Balance FODMAPer.
For more recipes
like this, go to
blog.katescarlata.com

HOW TO MAKE

1 Wash the salad ingredients, then chop the lettuce and quarter the tomatoes. Layer them on a platter, and sprinkle with the feta.

2 In a small bowl, whisk lemon juice, olive oil, salt, pepper and fresh chopped mint, then evenly drizzle this vinaigrette over the salad and top with olives.

CHEF'S TIP

Mint is easy to grow in your garden, and you can use it for all sorts of things, from moussaka to homemade mint tea. A word of warning though; a mint bush will take over a flowerbed in no time if you're not careful, so plant it in a pot and pop it in your garden instead.

Vegetable coconut green curry

Here it is... a curry that low FODMAP diet followers can eat! This creamy dish is the perfect Friday night dinner, and tastes just as good the next day

SKILL LEVEL:  **SERVES 6**

PREPARATION: 10 minutes

COOKING: 30 minutes

YOU WILL NEED

- 2 tsp coconut oil
- 2.5cm (1in) chunk ginger, peeled
- 2 small potatoes
- 1 broccoli
- 1 courgette
- 5 cups (150g) spinach
- 400ml (13½fl oz) can coconut milk
- 400ml (13½fl oz) water
- 1 tsp cumin
- 2 tsp ground turmeric
- ½ tsp chilli flakes
- Juice of ½ lime
- Handful of cashews (optional)
- Fresh coriander (optional)

KCAL
159

FAT
10g

SATURATES
7g

CARBS
10g

SUGAR
2g

FIBRE
5g

PROTEIN
6g

SALT
0.1g

*PER SERVING

CHEF'S TIP

The beauty of this dish is that you can use absolutely any veggies (providing they're low FODMAP) that are in season! If you're on a very strict low FODMAP diet, swap the cashews for pine nuts or pumpkin seeds or omit them altogether.



Photography: Emma Hatcher

HOW TO MAKE

1 Heat up the coconut oil in a large saucepan on medium heat.

2 Peel and chop the ginger and add to the pan with the turmeric and cumin. Stir and cook for a few minutes until the ginger is soft.

3 Meanwhile, peel and cut the potato in 2.5cm (1in) cubes before adding to the pan and letting them sauté for a few minutes. You can add a splash of water or more oil if the spices and potato start to stick to the bottom of the pan.

4 Cut the broccoli into florets and the courgette into small chunks and add to the pan with the coconut milk and an equivalent amount of water.

5 Cook until the potato cubes are soft, about 15-20 minutes depending on size. Remove from the heat, add the spinach, chilli flakes and a squeeze of lime and give it a stir. Add more salt and spices if needed before topping with cashews and fresh coriander. Serve with brown rice or quinoa.

She can't eat what?!



Recipe by Emma Hatcher of She Can't Eat What?!. For more recipes like this, visit shecanteatwhat.com



Photography: Emma Hatcher

YOU WILL NEED

- 100g (3½oz) gluten-free, low FODMAP spaghetti (rice, brown rice or quinoa variety)
- 2 large tomatoes, chopped
- 90g (3oz) broccoli
- 2 handfuls of spinach
- Handful of rocket
- Handful of fresh basil leaves
- Handful of Brazil nuts
- Juice of ½ lemon
- 1 tsp olive oil
- 1 tsp nutritional yeast (optional)
- Pinch of salt
- Freshly ground black pepper to taste

KCAL 552	FAT 13g	SATURATES 3g	CARBS 87g
SUGAR 12g	FIBRE 11g	PROTEIN 16g	SALT 0.9g

*PER SERVING

Broccoli spaghetti with Brazil nut and basil pesto

This 10-minute nutrient-dense vegan spaghetti is wholesome, hearty, gluten free and – most importantly – kind to your tummy!

SKILL LEVEL: **SERVES 1** **PREPARATION:** 2 minutes **COOKING:** 10 minutes

HOW TO MAKE

1 Cook the pasta in boiling water for about 10 minutes or as per instructions. In the last five minutes add the broccoli to the pan and cook through.

2 While the pasta is cooking, make the pesto. Simply remove the basil leaves from their stalks and juice the lemon. Then place the basil, rocket, one handful of the spinach, olive oil, Brazil nuts, yeast and salt into a food processor and blend for a couple of minutes until the pesto forms. Add a little more oil or water if you need to.

3 Drain the pasta and broccoli and place in a bowl.

4 Spoon the pesto through the cooked pasta and add the rest of the spinach and chopped tomato. Serve immediately.

She can't eat what?!



Recipe by Emma Hatcher of She Can't Eat What?!. For more recipes like this, visit shecanteatwhat.com

CHEF'S TIP

Not only do they give this dish a gorgeously creamy nuttiness, but Brazil nuts are also loaded with the anti-ageing mineral selenium, as well as healthy fats, protein and fibre.

Key lime raw cheesecake

With no refined sugar and no dairy, this cheesecake is a rich, creamy delight that is perfect for impressing friends or family at a dinner party this autumn

SKILL LEVEL:  **SERVES 12**

PREPARATION: 20 minutes

COOKING: 2 hours

YOU WILL NEED

- 150g (5½oz) mix of raw pecans, Brazil nuts and walnuts (soaked overnight or for at least 5 hours)
- ¼ small ripe banana
- ½ tsp sea salt
- 195g (6½oz) raw macadamia nuts (soaked overnight or for at least 5 hours)
- 120ml (4fl oz) almond milk
- 60ml (2 fl oz) lime juice
- 8 tbsp organic maple syrup
- 1 tsp organic vanilla extract
- 8 tbsp organic coconut oil
- Chopped nuts and zest of 1 lime to serve

KCAL 317	FAT 28g	SATURATES 10g	CARBS 11g
SUGAR 11g	FIBRE 2g	PROTEIN 3g	SALT 0.2g

*PER SERVING

CHEF'S TIP

By soaking these nuts, the enzyme inhibitors that are found are neutralised, the beneficial enzymes are activated and the vitamin content increases. Soaking nuts makes them much easier to digest, and the nutrients more easily absorbed, plus it gives a much better flavour!



Photography: Emma Hatcher

HOW TO MAKE

1 Place your soaked mixed nuts into a food processor, pulsing until they form a coarse meal.

2 Add 2 tbsp coconut oil, 2 tbsp maple syrup, vanilla extract and salt and process again, before adding the banana and processing until the mixture becomes sticky.

3 Scoop out the mix, spread over the bottom of a lined cheesecake pan and press down firmly. Put in the freezer to harden.

4 Place the soaked macadamia nuts, almond milk, lime juice, 6 tbsp

maple syrup, vanilla extract and 6 tbsp coconut oil into a blender and blend until smooth and creamy.

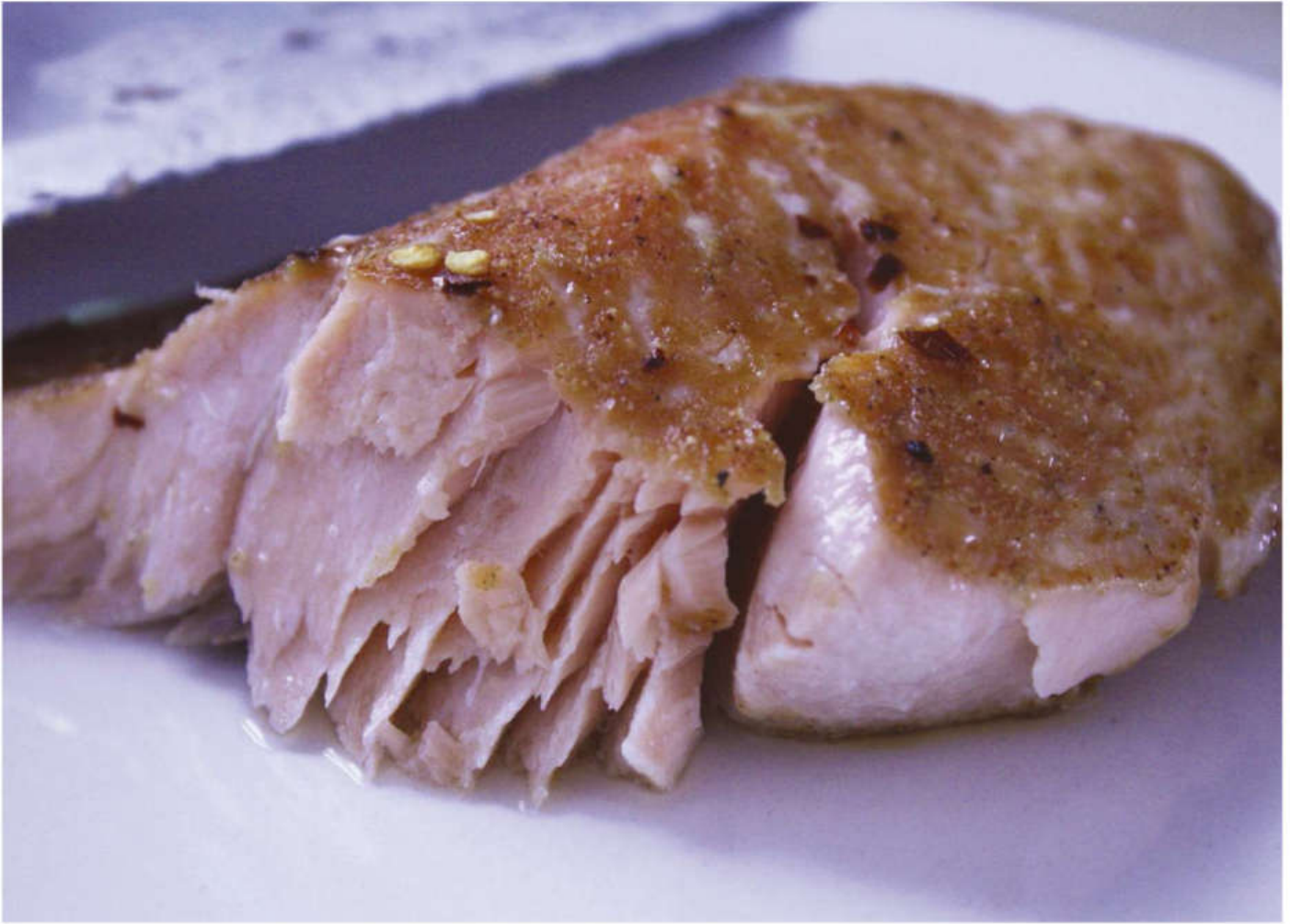
5 Remove base from the freezer and pour the filling on top of the crust, using the back of a spoon to ensure an even top. Return to the freezer for 2-3 hours or until firm.

6 Remove from the freezer and let sit at room temperature for 5-10 minutes to thaw slightly to get a creamy consistency closer to that of regular cheesecake. Garnish with toppings you like – try crushed walnuts and lime zest, shredded coconut or lime wedges.

She can't eat what?!



Recipe by Emma Hatcher of She Can't Eat What?! For more recipes like this, visit shecanteatwhat.com



Photography: Kate Scarlata

YOU WILL NEED

- 227g (½lb) salmon fillet
- 2 tbsp pure maple syrup
- 1 tbsp garlic-infused oil
- 1 tbsp soy sauce
- Salt and pepper, to taste
- Dash of either crushed red pepper or sesame seeds

KCAL
336

FAT
20g

SATURATES
3g

CARBS
14g

SUGAR
14g

FIBRE
0.4g


PROTEIN
24g

SALT
1.5g

*PER SERVING

Maple garlic glazed salmon

This simple, seriously sticky marinade gives a slice of salmon the wow factor – serve with a fresh, leafy salad and herby quinoa

SKILL LEVEL:  **SERVES 2** **PREPARATION:** 5 minutes plus marinating time **COOKING:** 25-30 mins

HOW TO MAKE

1 Preheat the oven to 200°C/400°F/ Gas Mark 6.

2 In small bowl mix the maple syrup, soy sauce, garlic-infused oil, salt and pepper.

3 Place the salmon in a small glass baking dish and coat with the maple and garlic-infused mixture.

4 Marinate in the refrigerator for 25 to 30 minutes.

5 Sprinkle with crushed red pepper flakes or sesame seeds. Bake uncovered in oven for 20 minutes or until flaky and cooked through.

CHEF'S TIP

Although garlic is high FODMAP, garlic-infused oil can be used on the low FODMAP diet because fructans, a FODMAP source, do not infuse into the garlic oil. Buy garlic-infused oil at the grocery store or prepare your own by adding garlic cloves to simmering oil, then removing the pieces.



Recipe by Kate Scarlata of The Well Balanced FODMAPer. For more recipes like this, visit blog.katescarlata.com



Enjoy the refreshing hydration of flavoured spring water with none of the nasties. **Nuva** from selected Boots stores, [amazon.co.uk](https://www.amazon.co.uk) and Wholefoods, £1.49



BEST BUYS

New products

A fresh, fruity cider to sip and savour on a warm day. **Cider with Blackberry and Elderflower** from Sheppy's, £2.50

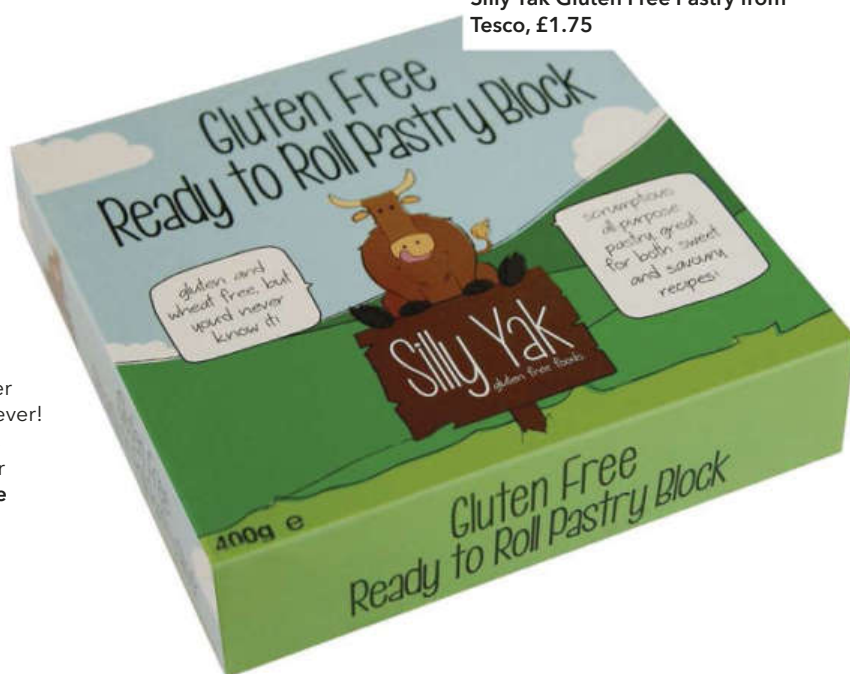


From breakfast bites to yummy snacks, here are some fresh finds for this month

Dish up a delicious flaky pastry pie for your family this autumn. **Silly Yak Gluten Free Pastry** from Tesco, £1.75



Try this nut-free butter for the tastiest toast ever! You won't believe it's made from sunflower seeds. **Eskal Nut Free Butter Smooth** from [ocado.com](https://www.ocado.com), £4.55





Thick and creamy yoghurt with all the taste of a classic English pud? Yes please! **Yeo Valley Rhubarb and Custard** from Waitrose, £1.50



Deserve a treat? Belgian milk chocolate with caramel pieces will hit the spot! **Kallø Milk Chocolate Corn Cakes** from Waitrose and Asda, £1.59



Healthy breakfast pots to kick-start your day. **The Chia Co Chia Pod Mango and Chia Pod Banana** from ocado.com, £2.39



This fun-looking legume pasta is perfect for kids with a gluten intolerance. **Really Healthy Pasta Organic Red Lentil Penne** from goodhealthnaturally.com, £4.99



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Eating & Living **GLUTEN FREE**

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MAGAZINE

Collector's Edition

ROYAL WOMEN

EXPERT VIEWS ON BRITAIN'S QUEENS AND PRINCESSES –
FROM TUDORS TO WINDSORS



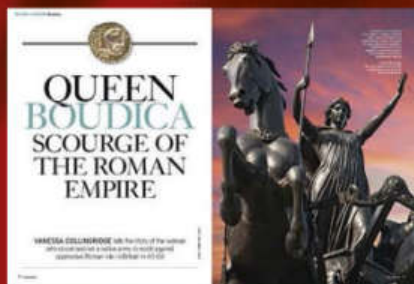
As Elizabeth II prepares to become Britain's longest ever reigning monarch, we explore the lives of some of the country's most fascinating queens, princesses and consorts. Through a compilation of the best articles from *BBC History Magazine*, plus several new pieces, we offer you a fresh perspective on female royals from the Roman era until the present day.

Inside you will find:

- ◆ Biographies of famous queens
- ◆ The inside story of Henry VIII's wives
- ◆ A new appraisal of Elizabeth II
- ◆ The remarkable stories of Princess Diana and Kate Middleton

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Time for tea

Keep your cake tin well stocked this month by testing out these eight new tempting recipes

Raspberry and white chocolate shortbread	36	Millionaires' shortbread	40	Lemon drizzle cake	43
Scones	38	Raspberry and macadamia thumbprint cookies	41	Lime and blueberry polenta pyramids	44
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LUSCIOUS LEMON

WHAT BETTER ACCOMPANIMENT TO A CUPPA? FIND IT ON **P43** >>



Raspberry and white chocolate shortbread

Drizzled melted chocolate and freeze-dried berries give this buttery biscuit a modern twist

SKILL LEVEL:  **MAKES 16** **PREPARATION:** 20 minutes **COOKING:** 25 minutes

YOU WILL NEED

FOR THE SHORTBREAD

- 150g (5oz) unsalted butter
- 75g (3oz) caster sugar
- 150g (5oz) rice flour
- 75g (3oz) gluten-free ground rice
- 1 tbsp icing sugar
- 10g (½oz) freeze-dried raspberries

TO DECORATE

- 50g (2oz) organic white chocolate, broken into pieces
- 5g (¼oz) freeze-dried raspberries

KCAL 159	FAT 9g	SATURATES 5g	CARBS 18g
SUGAR 8g	FIBRE 1g	PROTEIN 1g	SALT 0g

*PER SERVING



HOW TO MAKE

1 Preheat oven to 185°C/350°F/Gas Mark 4. Line a 22cm (8½in) square baking tin with parchment.

2 In a large mixing bowl, cream the butter with the sugar. Add the rice flour, ground rice, icing sugar and freeze-dried raspberries. Mix well.

3 Spoon the mixture into the lined tin and press it down to compact it and make it level.

4 Bake for approximately 25 minutes until pale golden. Remove from the oven. Allow to cool completely (see tip), before cutting into fingers.

5 Melt the chocolate in a heatproof bowl in the microwave or over a pan of simmering water.

6 Drizzle the melted chocolate over the shortbread fingers and sprinkle with freeze-dried strawberries. The shortbread can be stored in an airtight container for up to four days.

CHEF'S TIP

During cooking, the shortbread will puff up like a cake and look disastrous. Even when it comes out of the oven it will still be too soft, but leave it to cool and eventually it will firm up enough for you to cut it into fingers.



Recipe taken from *Delicious Gluten-Free Baking* by Howard Middleton (Robinson, £16.99)

YOU WILL NEED**FOR THE SCONES**

- ¾ cup (90g) coconut flour
- 1 tbsp tapioca flour
- ¾ cup (180g) coconut butter
- 2½ cups (600ml) coconut milk
- 6 eggs
- ½ cup (100g) dried fruit (optional)
- 1 tsp of vanilla essence
- 1 tsp of raw honey
- Pinch of sea salt
- Coconut palm sugar, to sprinkle

FOR THE JAM

- 500g organic strawberries
- 3 tbsp honey

KCAL
676FAT
56gSATURATES
45gCARBS
28gSUGAR
17gFIBRE
7gPROTEIN
11gSALT
0.4g

*PER SERVING



Photography: Dean Govier

Scrumptious scones

Nothing says afternoon tea quite like scones and jam, and with this coconut flour-based recipe, you can enjoy them, too!

SKILL LEVEL: 

SERVES 6 **PREPARATION:** 10 minutes

COOKING: 20 minutes (plus 10 minutes cooking for the jam)

HOW TO MAKE

1 Preheat the oven to 180°C/ 350°F/Gas Mark 4. Grease the muffin tin using coconut oil.

2 In a large bowl or food processor, mix the eggs and coconut milk and vanilla. Add the coconut butter to the mix.

3 Add the coconut and tapioca flour. Mix thoroughly. Add the dried fruit (if using) and combine again. Place the mix into the muffin

tray and sprinkle with coconut palm sugar. Bake for 20 minutes.

4 Meanwhile, make the jam. Place the strawberries in a pan with 2 tablespoons of water. Simmer and moisten. Place the mixture through a strainer, to remove the pips, and then place the mixture back in the pan. Add the honey, stir and simmer for a few more minutes. Serve with the scones.

CHEF'S TIP

You may want to melt the coconut butter slightly before adding it to the mixture as this will make it easier to combine with the rest of the ingredients.



Recipe taken from
*Truly Madly Healthy
Free From Recipes*
by Jemma Govier
(trulymadlyhealthy.
co.uk, £19.99)

YOU WILL NEED

- 250g (9oz) butter, softened
- 250g (9oz) caster sugar
- 4 eggs
- 1 tsp vanilla extract
- 1½ tbsp milk
- 250g (9oz) rice flour
- 1 tsp gluten-free baking powder
- 2 tbsp good quality raspberry jam
- 300ml (10½fl oz) double cream
- Icing sugar, to decorate

KCAL

705

FAT

49g

SATURATES

30g

CARBS

59g

SUGAR

35g

FIBRE

1g

PROTEIN

6g

SALT

0.8g

*PER SERVING



Photography: Tim May

Classic Victoria sponge

Ideal for birthdays, parties, bake sales and more, this light jam sandwich can be whipped up at a moment's notice

SKILL LEVEL:  **SERVES 8**

PREPARATION: 25 minutes **COOKING:** 20 minutes

HOW TO MAKE

1 Preheat the oven to 180°C/400°F/ Gas Mark 6. Grease and line two 20cm (8in) round cake tins.

2 In a bowl or food mixer, beat the butter and sugar together until light and fluffy.

3 Add the eggs, one at a time, and beat well between each addition.

4 Add the vanilla, milk, rice flour and

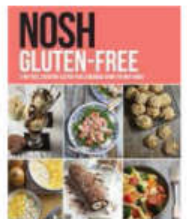
baking powder and gently fold in. Take care not to over mix, as the rice flour can become a little 'gluey'.

5 Bake in the oven for 20 minutes. Leave to cool, out of the tin, on a cooling rack.

6 Once cooled, spread the bottom cake with the raspberry jam. Beat the cream and spread over the jam. Top with the other cake and sift over some icing sugar.

CHEF'S TIP

Fancy a change? Swap the raspberry jam for blackcurrant, gooseberry, strawberry or any other flavour you fancy. Just remember to choose a good quality one. Or, for an extra special touch, why not make your own jam using the recipe on the opposite page?



Recipe taken from *Nosh Gluten-Free* by Joy May (inTRADE, £6.29). For more recipes like this, visit noshbooks.com

YOU WILL NEED**FOR THE SHORTBREAD**

- 175g (6oz) cold butter
- 80g (3oz) caster sugar
- 250g (9oz) gluten-free plain flour
- 1 tsp xanthan gum
- 1 egg, beaten
- 1 tbsp water

FOR THE CARAMEL

- 50g (2oz) butter
- 90g (3½oz) granulated sugar
- 400g (14oz) condensed milk
- 2 tbsp golden syrup

FOR THE TOPPING

- 200g (7oz) milk chocolate
- 50g (2oz) white chocolate (optional)

KCAL
337FAT
17gSATURATES
11gCARBS
40gSUGAR
30gFIBRE
0gPROTEIN
6gSALT
0.3g

*PER SERVING



Photography: Tim May

Millionaires' shortbread

Treat the whole family to these delicious caramel squares – they're ideal to make for lunch boxes, picnics or just because!

SKILL LEVEL: **MAKES 18** **PREPARATION:** 20 minutes
COOKING: 25 minutes

HOW TO MAKE

1 Preheat the oven to 200°C/400°F/ Gas Mark 6. Grease and line a 20x30cm (8x12in) Swiss roll tin.

2 Put the butter, sugar, flour and xanthan gum in a food processor and whizz until you have something resembling breadcrumbs. Add the egg and water and pulse a few times until a soft dough is formed.

3 Remove from the food processor and press into the bottom of the tray. Bake in the oven for 25 minutes. Leave until completely cool.

4 Put the ingredients for the caramel filling in a medium saucepan. Gently bring to the boil, stirring frequently. Simmer gently for 5 to 8 minutes until the mixture turns golden brown.

5 Remove from the heat and leave to cool for 5 minutes. Pour over the shortbread and leave to set for 1 hour.

6 Once the caramel has set, melt the chocolate in a bowl over a pan of gently simmering water. Spread over the top of the caramel. Leave to set, then cut into 18 squares.

CHEF'S TIP

If you wish, you can melt some white chocolate and pipe in stripes across the melted milk chocolate. Take a skewer and pull it across the stripes to make a pretty feathered effect.



Recipe taken from *Nosh Gluten-Free Baking* by Joy May (inTRADE, £8.99). For more recipes like this, go to noshbooks.com

YOU WILL NEED

- 1 cup (125g) raspberries
- ½ tsp pure maple syrup or raw honey
- 1½ tbsp chia seeds
- 3 cups (300g) gluten-free rolled oats
- 1 tbsp arrowroot powder
- 1 tsp fine sea salt
- ⅓ cup (80ml) coconut oil
- ⅓ cup (150ml) pure maple syrup or raw honey
- 1 tsp vanilla extract
- ⅓ cup (45g) raw macadamia nuts, roughly chopped

KCAL
198FAT
9gSATURATES
5gCARBS
25gSUGAR
13gFIBRE
3gPROTEIN
4gSALT
0.3g

*PER SERVING



Photography: Sarah Britton

Raspberry thumbprint cookies

Bursting with homemade raspberry jam, these fruity biscuits will be the perfect accompaniment to a cup of tea at any time of day!

CHEF'S TIP

Chia seeds originate from South America from the plant *salvia hispanica*, which is related to mint. They may be tiny but they're very mighty – chia seeds are chock full of nutrients with very few calories, are loaded with anti-oxidants, high in fibre, protein and omega-3 fatty acids and can improve Type 2 diabetes. No wonder 'chia' is the Mayan word for strength!

SKILL LEVEL: **SERVES 16** **PREPARATION:** 20 minutes **COOKING:** 20 minutes (plus 15-20 minutes gelling for the jam)

HOW TO MAKE

1 Blend the raspberries with the ½ tsp maple syrup or honey in a food processor until smooth. With the processor running, slowly pour in the chia seeds and mix until they are fully incorporated.

2 Transfer the jam to a glass jar, cover it and chill it in the fridge until it has gelled, around 15 to 20 minutes. (You can keep the jam in the fridge for up to 1 week.)

3 Preheat the oven to 180°C/350°F/ Gas Mark 4. Line two baking sheets with baking parchment.

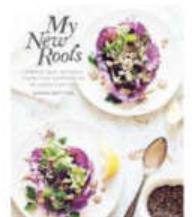
4 Process 2½ cups (250g) of the oats in a food processor on high to make a rough flour. Pour the flour into a large mixing bowl and stir in the remaining ½ cup (50g) oats, arrowroot powder and sea salt.

5 In a small saucepan over medium heat, melt the coconut oil and ⅓ cup (150ml) maple syrup or honey together, whisking to blend. Add the vanilla and stir to combine.

6 Pour the wet ingredients over the oat mixture and stir until just combined. Fold in the chopped macadamia nuts.

7 Using wet hands, roll the dough into balls, each about the size of a golf ball, and space them an inch or so apart on the prepared baking sheets. Use your fingers to create an indent in the top of each cookie, and spoon in enough jam to fill it.

8 Bake for 20 minutes, or until the edges of the cookies are golden. Transfer the cookies to a wire rack to cool.



Recipe taken from *My New Roots* by Sarah Britton (Pan Macmillan, £20)

YOU WILL NEED

- 175g (6oz) currants
- 175g (6oz) sultanas
- 225g (8oz) soft brown sugar
- 300ml (10½ fl oz) strong black tea
- 1 large egg, beaten
- 275g (10oz) gluten-free self-raising flour
- 1 tsp xanthan gum
- ½ tsp gluten-free baking powder
- Butter, to serve

KCAL
238FAT
1gSATURATES
0gCARBS
54gSUGAR
37gFIBRE
1gPROTEIN
2gSALT
0.3g

*PER SERVING



Photography: Tim May

Bara brith

A slice of this traditional Welsh tea loaf, spread generously with butter, is the perfect afternoon snack

SKILL LEVEL: **MAKES 12** **PREPARATION:** 30 minutes plus 1 hour standing
COOKING: 1 hour 30 minutes

CHEF'S TIP

Bara brith is a Welsh teatime favourite that translates to 'speckled bread'. It also works well with other dried fruit combinations such as raisins.

HOW TO MAKE

- 1 Put the currants, sultanas and sugar in a large bowl and pour over the hot tea. Leave to stand for at least an hour, preferably overnight.
- 2 Preheat the oven to 150°C/ 300°F/Gas Mark 3. Grease a 900g (2lb) loaf tin.

- 3 Add the beaten egg to the fruit mix, add the dry ingredients and gently mix until smooth. Pour into the greased loaf tin.

- 4 Bake in the preheated oven for 1 hour 30 minutes. The cake should have risen and be firm to the touch. Leave to cool before slicing and spreading with butter.



Recipe taken from *Nosh Gluten-Free Baking* by Joy May (inTRADE, £8.99). For more recipes like this, visit noshbooks.com

YOU WILL NEED

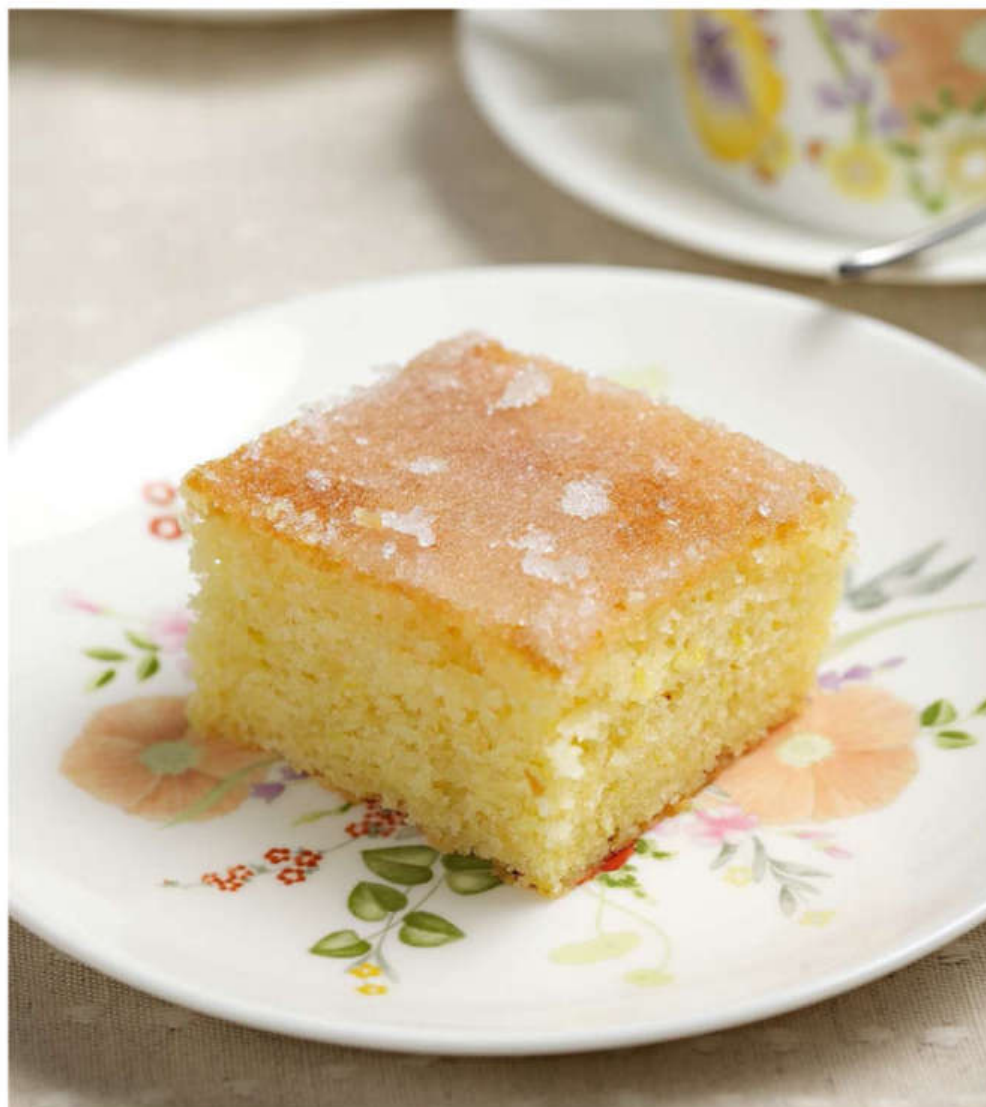
- 225g (8oz) butter, softened
- 225g (8oz) caster sugar
- 4 eggs
- 275g (10oz) gluten-free self-raising flour
- 1 tsp gluten-free baking powder
- 4 tbsp milk
- Zest of 2 large lemons

FOR THE TOPPING

- 175g (6oz) granulated sugar
- Juice of 2 lemons

KCAL 377	FAT 18g	SATURATES 10g	CARBS 51g
SUGAR 34g	FIBRE 0.3g	PROTEIN 4g	SALT 0.6g

*PER SERVING



Photography: Tim May

Lemon drizzle cake

Joy May's citrus-infused squares of sponge are the perfect accompaniment to a cup of tea or coffee

SKILL LEVEL: **MAKES 12**

PREPARATION: 20 minutes **COOKING:** 35-40 minutes

CHEF'S TIP

Creaming simply means mixing your butter and sugar(s) together until well blended, leaving you with a fluffy light yellow mix. Try not to over mix or they will begin to separate.

1 Preheat the oven to 180°C/350°F/ Gas Mark 4. Grease and line a 20x30cm (8x12in) Swiss roll tin.

2 Cream together the butter and sugar. Add the eggs one at a time, beating well in between.

3 Add the rest of the cake ingredients. Fold in until evenly mixed.

4 Pour into the tin and spread out evenly. Bake in the oven for 35 to 40 minutes. The cake should spring back when pressed gently.

5 Leave to cool slightly. Mix together the topping and spread over the top of the cake.



Recipe taken from *Nosh Gluten-Free* by Joy May (inTRADE, £8.99). For more recipes like this, visit noshbooks.com

YOU WILL NEED

FOR THE BLUEBERRY COMPOTE

- 50g blueberries
- 15g caster sugar

FOR THE POLENTA CAKE

- 60g (2oz) unsalted butter
- 75g (2½oz) caster sugar
- 1 large free range egg, at room temperature
- 60g (2oz) ground almonds
- 35g (1½oz) fine polenta
- ¼ tsp gluten-free baking powder
- 50g (2oz) blueberries
- Zest and juice of 1 lime
- Small pinch of salt

FOR THE LIME DRIZZLE

- Juice of 1 lime
- 50g (2oz) icing sugar

OPTIONAL DECORATIONS

- Fresh blueberries
- Flaked almonds
- Edible gold leaf

KCAL

273

FAT

15g

SATURATES

6g

CARBS

30g

SUGAR

25g

FIBRE

1g

PROTEIN

4g

SALT

0.2g

*PER SERVING

CHEF'S TIP

Pyramid moulds are a gorgeous shape for mini bakes, and make them so much more unusual than a standard cupcake but just as easy. Silicone ones are best, and widely available online.

HOW TO MAKE

1 Place the blueberries and sugar in a heavy-based saucepan with ½ tbsp of water and slowly bring to the boil, stirring all the time with a wooden spoon.

2 Once all the berries have broken down and become soft (after about 10 minutes), push them through a sieve into a bowl, using the back of a spoon. Leave to cool.

3 Preheat the oven to 180°C/ 350°F/ Gas Mark 4. Grease the holes in a silicone baking mould with butter.

4 Mix the butter and sugar until pale and fluffy. Add the egg and combine



Photography: David Loftus

Lime and blueberry polenta pyramids

Top these adorable little treats with gold leaf and serve with a glass of something fizzy. Your afternoon teas will be the talk of the town – watch out, Claridges!

SKILL LEVEL: **MAKES 6**

PREPARATION: 30 minutes **COOKING:** 25-30 minutes

until well incorporated. Fold in your almonds, polenta, baking powder, blueberries, lime zest, juice and salt. Do not over-mix, otherwise the crumb will be dense.

5 Spoon a teaspoon of compote into each hole in the pyramid mould (keeping the rest for later), followed by the cake mix (until it reaches about three-quarters of the way up). Place the pyramid mould on a baking tray and bake for 25 to 30 minutes, until a sharp knife comes out clean.

6 To make the lime drizzle, slowly mix the lime juice into the icing sugar until you have a smooth consistency that will drizzle well.

7 Once the pyramids are baked, leave them to cool slightly in the moulds for about 10 minutes, then turn them out on to a wire cooling rack and drizzle with your lime icing. Top with the remaining blueberry compote, and some flaked almonds. Add a final finishing touch with a fresh blueberry topped with gold leaf.



Recipe taken from
*Meringue Girls:
Everything Sweet*
by Alex Hoffler and
Stacey O'Gorman
(Square Peg, £18)

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IS MY GLUTEN- FREE DIET MAKING ME FAT?

A gluten-free diet isn't always gluten free. Nutritionist Lucy-Ann Prideaux takes a look at how your seemingly-healthy GF eating could actually be causing you to gain weight

Living gluten free (GF) is on the increase, and while full-blown gluten allergy (coeliac disease) affects only 1 in 100 people in the UK, it's thought that non-coeliac gluten sensitivity is reaching epidemic proportions. Coupled with many celebs espousing the benefits of living GF, food manufacturers and marketers have been quick off the mark and we're now seeing a huge increase in the availability of gluten-free products in supermarkets. It's great to have so much choice, but are these GF products good for you?

THE GF HEALTHY MYTH

The word 'diet' carries so many hopeful preconceptions, and a gluten-free diet is no different to any other diet in this respect. Although GF diets are most often, and importantly, adhered to for medical reasons, they are still somehow perceived to fulfill a universal desire for better health.

While gluten-free diets can be very healthy, they can also be imbalanced, contain too much sugar and refined carbohydrates and sit alongside an inherent unhealthy, inactive lifestyle. One of the



Lucy-Ann Prideaux has over 20 years' experience in nutritional science, digestive health, weight management and special diets. She is a practising nutritionist and holds consultancy roles in the food and catering industry, as well as being a freelance writer, magazine contributor and member of the Guild of Health Writers. Head to simply-nutrition.co.uk for more about her.

biggest mistakes made when transitioning to gluten free is swapping instilled bad dietary habits for gluten-free bad dietary habits! And it's easy to do - that mid-morning biscuit break simply becomes a gluten-free biscuit break, the white bread sandwich becomes a gluten-free white bread sandwich, but just because all these are gluten free doesn't automatically mean they're healthy or calorie-free!

FINDING A BALANCE

Considering the fact that most diets (gluten free or not) should be built from a base of fresh vegetables, fruits and healthy proteins, you need to consider whether your GF diet is well-balanced and make sure that it doesn't rely too heavily on gluten-free convenience foods and processed snacks.

If your diet results in you piling on the pounds, then you may simply be consuming too many gluten-free alternatives to regular processed foods that can, when consumed in regular amounts, lead to weight gain, blood sugar imbalances and cravings for sweet treats. Research conducted at the George Institute for Global Health concluded that GF foods are no healthier or better for you than their glutenous counterparts. While this, of course, doesn't include the obvious health benefits for those with diagnosed coeliac disease or gluten intolerance, in terms of nutritional content there was negligible difference between gluten free and non-gluten free foods.

GF packaged foods can be packed with sugar and salt, just like many products found on the shelves, so you still need to be vigilant and read food labels. Department of Health guidelines state that no more than 5% of total dietary energy should come from free sugars - those in sugar-sweetened beverages, along with added sugars and syrups and sugars that are naturally present in honey, syrups and unsweetened fruit juices. Processed products also tend to be low in fibre, as the processing of wholegrains to produce flours strips away most of the grain's fibre along with essential minerals and B vitamins. Processed low fibre products using these flours are quickly digested, and consumption invariably leads to a speedy release of sugars into the bloodstream and sharp rises in blood sugar and insulin yet little satiation or feelings of fullness. This leaves a person wanting more as the gut fails to send normal signals to the brain that the stomach has had enough food.

The other consequence of consuming such foods is weight gain. The body quickly registers high blood sugar levels and, in order to resume equilibrium, speedily directs the sugar out of the bloodstream and into cells where conversion to fat occurs.

THE WHOLE PICTURE

The solution is to revert to whole foods and adopt a diet composed of foods created by Mother Nature, not factories. Rather than looking for gluten-free alternatives to processed foods you should opt for naturally gluten-free whole foods such as quinoa, wild rice, brown rice, millet and pulses alongside fresh vegetables and fruit. Whole foods have a slower digestion rate, superior nutrient profiles and higher fibre levels, therefore creating greater feelings of satiety, calmer rises in blood sugar and more chance of the carb calories being used as energy and not stored in your body as fat.

Practical examples of whole foods include choosing quinoa and chia seed-based porridge for breakfast instead of a gluten-free processed cereal, cooking brown rice to accompany your chicken or fish instead of having gluten-free pasta, and snacking on pumpkin seeds or almonds instead of gluten-free biscuits or cake.

If you also take some simple daily exercise, such as a 30-minute walk or swim, make life as fun as it can be, get good amounts of sleep and keep your stress levels to a minimum, then eating gluten free really could be your ticket to tip top health. And it might even give you the added bonus of that desired body beautiful!

SMART SWAPS

Try changing some of your regular foods to these tasty alternatives for more effective weight management and better blood sugar balance:

- Ditch your gluten-free biscuits for a creamy plain yogurt topped with sunflower seeds and blueberries.
- Change gluten-free spaghetti to courgette spaghetti made with a spiraliser.
- Swap gluten-free burger buns for Portobello mushrooms.
- Instead of gluten-free lasagne sheets, make them from thinly sliced vegetables such as aubergine, courgette or celeriac.
- If buying a convenience lunch, then pick up a fresh salad instead of an pre-packaged gluten-free sandwich.

Eating & Living **GLUTENFREE**

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- * PLAN YOUR PERFECT CHRISTMAS
- * STYLISH STARTERS, DIVINE DESSERTS & ALL THE TRIMMINGS
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Family favourites

Revitalise your cooking this season with seven dishes that you and your family will love

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Chilli and lime marinated chicken **52**

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MONDAY

Bubble and squeak frittata

Turn Sunday roast leftovers into a dish that's just as delicious served warm as it is cold. And if you have any frittata leftover, why not pop a couple of slices into your lunch box with some salad leaves?

SKILL LEVEL:  **SERVES 6** **PREPARATION:** 15 minutes **COOKING:** 30 minutes

YOU WILL NEED

- 10 eggs
- 125ml (½ cup) coconut cream
- Sea salt and freshly ground black pepper
- 3 tbsp coconut oil or other good-quality fat
- 1 large onion, sliced
- 2 garlic cloves, crushed
- 200g (7oz) leftover roast lamb (or other leftover roast meat, such as chicken, beef or pork)
- 200g (8oz) cooked veggies (pumpkin, sweet potato, carrot or other leftover vegetables), cut into cubes
- 300g (10½oz) cabbage, kale, brussels sprouts or other leftover greens, shredded
- 2 tbsp chopped flat-leaf parsley leaves

KCAL

414

FAT

30g

SATURATES

16g

CARBS

14g

SUGAR

6g

FIBRE

2g

PROTEIN

21g

SALT

0.6g

*PER SERVING

season well with salt and pepper. Set aside.

3 Heat the coconut oil or other fat in a large oven-proof frying pan over medium heat. Add the onion and garlic and cook for 3-5 minutes until soft and slightly golden. Stir in the leftover meat, vegetables and parsley and cook gently for 2-3 minutes until heated through. Season with some salt and pepper, transfer to the prepared tray, then pour in the egg mixture. Place in the oven and bake for 30 minutes, or until golden on top and the egg is cooked.

4 Leave the frittata to cool for at least 10 minutes, then either cut into portions in the tray or use the baking paper to lift it out in one piece onto a chopping board or platter. Cut into portions and serve.



Taken from *Family Food: 130 Delicious Paleo Recipes For Every Day* by Pete Evans (Macmillan, £18.99)

HOW TO MAKE

1 Preheat the oven to 180°C/350°F/Gas Mark 4. Line a deep baking tray with baking paper, allowing the paper to extend a few centimetres above the sides.

2 Crack the eggs into a bowl, whisk lightly with the coconut cream and

CHEF'S TIP

No leftover roast meat? Use a little chopped bacon instead. In fact, this is a really good recipe for using up bits and pieces from your fridge, like courgettes, torn basil and toasted seeds, beetroot and smoked mackerel, or smoked salmon and a few handfuls of spinach.

TUESDAY

YOU WILL NEED

- 2 chicken breasts, sliced
- 1 tbsp coconut oil

FOR THE MARINADE

- 6 tbsp organic olive oil
- 1 tsp honey
- 1 red chilli, diced thinly
- Juice from 1 lime
- Seasoning

FOR THE SALSA

- 4 diced tomatoes
- 1 white onion, diced
- ¼ cucumber, diced

FOR THE GARLIC CAULIFLOWER MASH

- 1 cauliflower
- ¼ cup coconut oil
- ¼ cup coconut milk
- 2 cloves garlic, crushed
- Seasoning

KCAL
930FAT
75gSATURATES
38gCARBS
20gSUGAR
16gFIBRE
9gPROTEIN
40gSALT
0.3g


*PER SERVING



Photography: Dean Govier

Chilli and lime marinated chicken with salsa

Turn two chicken breasts into a flavoursome midweek meal using a simple marinade – you probably have the ingredients in your kitchen cupboard already!

SKILL LEVEL:  **SERVES 2** **PREPARATION:** 5 minutes, plus 30 minutes marinating time **COOKING:** 15 minutes (8-10 minutes for the mash)

HOW TO MAKE

1 Blend all the marinade ingredients together. Place them in a sandwich bag, add the chicken breast, massage the marinade into them evenly then allow to marinate for at least 30 minutes.

2 Meanwhile, prepare the garlic cauliflower mash following the recipe on page 76.

3 Once the chicken has marinated, heat 1 tbsp of coconut oil in a griddle pan over a medium heat and grill on each side for at least 4 to 5 minutes. Keep turning until cooked thoroughly then serve with the mash and diced tomato, onion and cucumber salsa.

CHEF'S TIP

You can throw together an amazing marinade in a matter of minutes, as there will usually be lots of things hiding in your cupboard that you can use – think soy sauce, paprika and garlic. Plus, the longer your chicken is left to marinate, the more flavoursome it will become!



Recipe taken from
*Truly Madly Healthy
Free From Recipes*
by Jemma Govier
(trulymadlyhealthy.
co.uk, £14.99)

WEDNESDAY

YOU WILL NEED

- 100g (3½oz) gluten-free porridge oats
- 1 egg
- 2 mackerel fillets
- Juice of half a lemon
- 100g (3½oz) mushrooms, sliced
- 100g (3½oz) spinach leaves
- Pinch ground nutmeg
- 1 tbsp pine nuts, toasted
- Salt and freshly ground black pepper

KCAL

527

FAT

28g

SATURATES

5g

CARBS

29g

SUGAR

1g

FIBRE

7g

PROTEIN

35g

SALT

0.4g

*PER SERVING



Photography: Bacofoil

Oat-baked mackerel on a bed of mushrooms, spinach and pine nuts

This delicious omega-3 packed dish is a healthy twist on a fish supper. If you can't bear to go without chips, add a handful of homemade sweet potato fries



Recipe courtesy of Bacofoil. To find more information and tasty recipes, visit bacofoil.co.uk

SKILL LEVEL: **SERVES 2**

PREPARATION: 10 minutes **COOKING:** 25 minutes

HOW TO MAKE

1 Sprinkle the oats onto a plate and season with a pinch of salt and plenty of pepper. Beat one of the eggs in a shallow bowl. Dip each fillet into the egg and roll it in the seasoned oats.

2 Line a roasting tin with a sheet of Bacofoil Non-Stick Foil, dull side up. Place the mackerel in the tin and squeeze over the lemon juice before cooking for 15 minutes at 200°C/Gas Mark 6.

3 Meanwhile, place the sliced mushrooms on a baking sheet

(lined again with a sheet of Bacofoil Non-Stick Foil) and place under a hot grill for 3 to 4 minutes. Put the spinach in a pan with a splash of boiling water and cook over a medium heat until just wilted.

4 When ready to serve, drain the spinach and season with salt and pepper and a pinch of nutmeg, and sprinkle over the pine nuts. Tip the grilled mushrooms and the released juices over the spinach and divide between two plates. Top each one with a mackerel fillet.

CHEF'S TIP

When buying mackerel, make sure it's really fresh. According to Marco Pierre White, there should be a 'sheen' to the skin and a scent of the sea, rather than a strong, fishy smell. If you can, visit your local fishmongers, as they should have the best option.

THURSDAY

YOU WILL NEED

- 2 tbsp coconut oil
- 2 garlic cloves, chopped
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 1 bay leaf, crushed
- 600g (21oz) beef mince
- 400g (14oz) tin diced tomatoes
- 1 tbsp tomato paste
- 1 tbsp gluten free tamari
- 60ml (2fl oz) gluten-free beef stock or water
- 225g (8oz) fresh or frozen peas
- 600g (21oz) 1 small cauliflower, cut into florets
- 20g (2/3oz) butter
- 60ml (2fl oz) cream
- 115g (4oz) grated Cheddar (or half Cheddar and half Parmesan)
- Green salad, to serve

KCAL
719FAT
49SATURATES
26gCARBS
17gSUGAR
11gFIBRE
10gPROTEIN
47gSALT
1.7g

*PER SERVING



Photography: John Laurie

Naked shepherd's pie

This family favourite is a great winter warmer. You can use lamb if you prefer the traditional version, and add a little fresh chopped mint when you sauté the onion

SKILL LEVEL:  **SERVES 4**

PREPARATION: 30 minutes **COOKING:** 30 minutes

HOW TO MAKE

1 Heat the oil in a deep frying pan over medium heat. Chop the onion, carrot and celery into fine pieces. Sauté the garlic, onion, carrot, celery and bay leaf for 5 minutes, until the vegetables are softened.

2 Increase the heat to high and add the meat. Stir and break up any lumps for 5 minutes until the meat is browned. Stir in the tomatoes, tomato paste, tamari and beef stock. Cover and cook over medium heat for 20 minutes, stirring once or twice. Remove the bay leaf. Stir in the peas.

3 For the mash, steam the cauliflower florets for 5 to 7 minutes until tender. Transfer to a blender or food processor with the butter, cream and half the cheese. Season well with salt and cracked black pepper and blend until smooth.

4 Preheat the oven to 200°C/400°F/Gas Mark 6. Pile the beef evenly into a deep baking dish. Spoon over the mash, and mark the surface with a fork. Scatter over the remaining cheese. Bake for 30 minutes until the top is golden brown. Serve hot with a side salad.

CHEF'S TIP

If you're following a Paleo diet, omit the peas, use almond milk in the mash instead of cream, coconut oil instead of butter, a little nutritional yeast to give it a cheesy taste and a dash of mustard.



Recipe taken from
That Sugar Book by
Damon Gameau
(Pan Macmillan, £20)

FRIDAY

YOU WILL NEED

FOR THE PESTO

- 1 clove garlic, peeled
- 45g (1½oz) pine nuts
- 300g (10½oz) rocket
- 2 tsp finely grated lemon zest
- 1 tbsp fresh lemon juice, plus more as needed
- 75ml (2½fl oz) olive oil
- Kosher salt and freshly ground black pepper

FOR THE FISH

- Six 170g (6oz) salmon fillets (skin left on or removed)
- 2 tbsp olive oil
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 lemon cut into wedges, for serving

KCAL

512

FAT

39g

SATURATES

6g

CARBS

2g

SUGAR

1g

FIBRE

0g

PROTEIN

37g

SALT

1.1g

*PER SERVING



Photography: Helen Norman

Seared salmon topped with pine nut and rocket pesto

Add a dash of colour to a simple fish dish with a generous dollop of vibrant green homemade pesto! This delicious dinner can be made from scratch in just 15 minutes

SKILL LEVEL: **SERVES 6**

PREPARATION: 5 minutes **COOKING:** 10 minutes

1 Put the garlic, pine nuts, rocket, lemon zest, and lemon juice in a blender or food processor. Process until the nuts are finely chopped, then blend to a coarse paste. Add the olive oil and process to combine. Season the pesto with salt and pepper and more lemon juice if needed. Transfer to an airtight container, cover and refrigerate for 3 to 5 days.

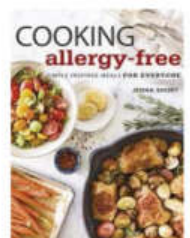
2 Heat a large skillet over a medium heat for 3 minutes. If you've left the skin on the salmon, lightly score it before cooking to help the fish lie flat and cook through. Drizzle the salmon fillets

with olive oil, then season with the salt and pepper. Put the salmon in the skillet and increase the heat to high. Sear the salmon fillets for 7 minutes in total, flipping them halfway through cooking, until browned.

3 Place a salmon fillet on each plate and top with a heaped tablespoon of the pesto on one end of the fish. Using the back of a spoon, spread to the other end. Serve with lemon wedges and rice or quinoa.

CHEF'S TIP

To make the pesto nut-free, replace the pine nuts with more rocket. Once blended, be sure to adjust the consistency using olive oil so that it isn't too thick and can be spread easily.



Recipe taken from
Cooking Allergy-Free
by Jenna Short
(Taunton Press,
£19.99)

SATURDAY

Aubergine lasagne

Slices of aubergine make a great alternative to lasagne in this hearty dish, which is perfect for popping in the freezer to have on standby for a midweek meal emergency!

SKILL LEVEL:  **SERVES 4-6**

COOKING: 1hr 20 mins – 1hr 30 mins

YOU WILL NEED

- 1 large sweet potato, peeled
- 1 red pepper, halved and deseeded
- 3 courgettes
- 6 mushrooms, quartered
- Coconut oil
- 2 large aubergines, thickly sliced
- 2 free range eggs
- 240ml (8½ fl oz) cream
- 250g (8¾oz) ricotta cheese
- 60g (2oz) grated Cheddar, plus 60g (2oz) extra
- 50g (1¾oz/½ cup) grated parmesan
- 1 tsp ground nutmeg
- 260g (9oz) tomato passata

KCAL
409

FAT
26g

SATURATES
15g

CARBS
20g

SUGAR
14g

FIBRE
8g

PROTEIN
20g

SALT
0.8g

*PER SERVING



Photography: John Laurie

HOW TO MAKE

1 Preheat the oven to 180°C/350°F/Gas Mark 4. Chop the sweet potato, pepper and courgettes into 3cm (1¼in) cubes. Spread the sweet potato on a baking tray lined with baking paper. Scatter the pepper, courgettes and mushrooms onto another large baking tray lined with baking paper. Toss the vegetables with a little coconut oil to lightly coat. Bake for 30 minutes turning them once or twice until cooked (the sweet potato will need 5–10 minutes longer). Set aside.

2 Preheat the grill, brush the aubergine slices with oil and lay slices in a single layer on grill tray. Grill and turn aubergine for about 8 minutes until softened. Set aside.

3 Beat together the eggs, cream, cheeses and nutmeg in a bowl.

4 Layer into a 25x20x5cm (10x8x2in) baking dish: half the tomato passata, a layer of aubergine slices, half the roast vegetables and half the cheese mixture. Repeat with another layer, ending with the cheese mixture. Scatter over the extra Cheddar.

5 Bake for 35 to 40 minutes until the sauce is set and is hot and bubbly. Set aside for 10 minutes then cut into large slices.

CHEF'S TIP

If you are a pasta lover, buy a spiraliser (from any kitchen goods stockist) and use it to turn courgettes into a nutritious pasta substitute. Use the raw vegetable pile as a base for a delicious Bolognese sauce.



Taken from
That Sugar Book
by Damon Gameau
(Macmillan, £14.99)

SUNDAY

YOU WILL NEED

- 500g (17½oz) cod fillets (or any firm white fish), skinned and pin-boned
- 60g (2½oz) tapioca flour
- 2 eggs, lightly beaten with 3 tablespoons water
- 100g (4oz) ground almonds or 60g (2½oz) desiccated coconut
- Coconut oil for deep-frying
- 8 butter lettuce leaves
- Guacamole, to serve (see below)
- Lemon halves, to serve

FOR THE AIOLI

- 6 roasted garlic cloves
- 4 egg yolks
- 2 tsp Dijon mustard
- 2 tsp apple cider vinegar
- 2 tbsp lemon juice
- 400ml (14fl oz) olive oil
- Salt and freshly ground black pepper

FOR THE CELERIAC REMOULADE

- 240g (8½oz) celeriac, peeled
- 2 red radishes, julienned
- 125g (4½oz/½ cup) aioli (see above)
- 1 tbsp finely chopped chervil leaves
- 1 tbsp finely chopped flat-leaf parsley leaves
- Juice and zest of 1 lemon
- Himalayan salt or sea salt
- Freshly ground black pepper

FOR THE GUACAMOLE

- 1 avocado, diced
- 1 small red chilli, deseeded and finely diced
- ¼ red pepper, finely diced
- Juice of 1 lime
- 1-2 tbsp finely diced red onion
- 1 garlic clove, finely chopped
- 2 tbsp chopped coriander leaves
- 1 tbsp extra virgin olive oil

KCAL

687

FAT

53g

SATURATES

19g

CARBS

18g

SUGAR

4g

FIBRE

9g

PROTEIN

30g

SALT

0.5g

*PER SERVING



Photography © Anson Smart 2014

Fish tacos with celeriac remoulade

Young children will love these tacos – serve them with guacamole, coleslaw, chopped cucumber and other bits and bobs in little bowls so everyone can build their own!

SKILL LEVEL: **SERVES 4**

PREPARATION: 20 minutes **COOKING:** 5 minutes

HOW TO MAKE

1 To make the aioli, place the garlic, egg yolks, mustard, vinegar and lemon juice in a food processor and process until combined. With the motor running, slowly pour in the oil in a thin stream and process until the aioli is thick and creamy. Season with salt and pepper. Leftover aioli can be stored in an airtight container in the fridge for 4 to 5 days.

2 To make the remoulade, remove the celeriac's tough skin then grate or julienne using a mandoline. Celeriac discolours quickly, so place it in cold water. Combine the radish, aioli, chervil, parsley and lemon juice in a bowl and season to taste. Drain the celeriac, pat dry on paper towel and stir it into the aioli mixture. Taste for seasoning and transfer to a small bowl.

3 To make the guacamole, combine all the ingredients in a small bowl. Cover and refrigerate until needed.

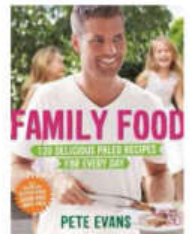
4 To make the cod goujons, cut the cod into eight even portions.

5 Place the tapioca flour in a shallow bowl, the egg mixture in another shallow bowl and the ground almonds or coconut in a third bowl.

6 Season the fish with some salt, dust lightly with the tapioca flour, dip in the egg mixture and coat with the ground almonds or coconut, pressing them on firmly.

7 Heat the coconut oil to 160°C/325°F in a wok or large saucepan. (To test the temperature, drop a small piece of fish in the oil – it should bubble instantly around the edges.) Working in batches, fry the fish for 90 seconds until cooked through. Drain on paper towel and season with salt.

8 Place the lettuce leaves, celeriac remoulade, guacamole, fish and lemon wedges on a serving platter and let everyone help themselves. To assemble your lettuce cup 'tacos', fill each lettuce leaf with some celeriac remoulade, guacamole and a piece of fish and squeeze the lemon juice over the top.



Taken from *Family Food: 130 Delicious Paleo Recipes for Every Day* by Pete Evans (Macmillan, £18.99).

Mollie
MAKES

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TAGS & GREETINGS

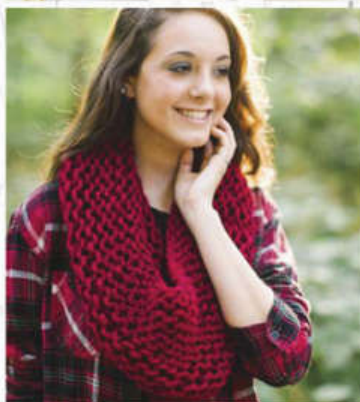


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Gluten-free getaway

KENT

This issue, we head to Kent to experience gluten-free eateries, courses and festivals

Go for a wander around Folkestone's pretty harbour

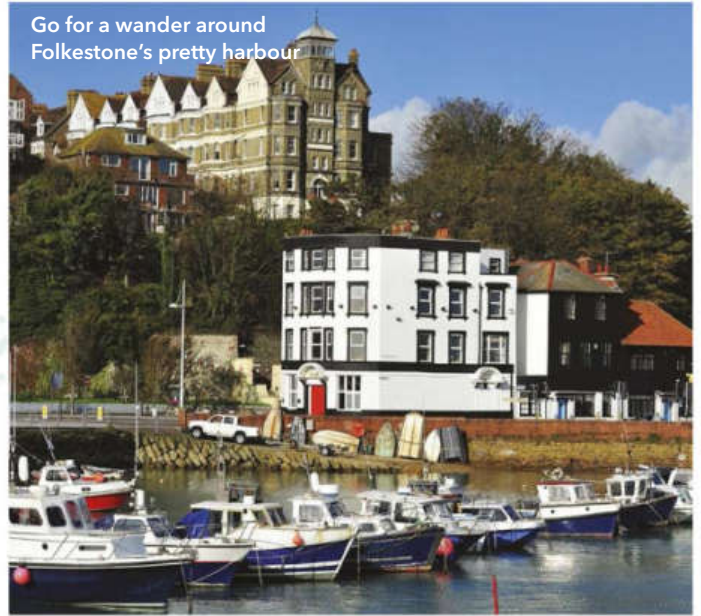


Photo: © iStock

1 Festival fun

Broadstairs Food Festival, 2nd - 4th October, Free

Now in its seventh year, this continues to be East Kent's leading food and drink festival with a scenic clifftop site and an amazing range of local suppliers and producers, plus evening events and children's workshops. For more information call 01843 871 102 or go to broadstairsfoodfestival.org.uk



3 Glamorous gluten free

Oscar & Bentleys, 10 Guildhall Street, Canterbury CT1 2JQ, 01227 454 544

There's plenty for coeliacs to savour at the delightful Oscar & Bentleys tea room. From light bites and healthy salads to celebration cakes and luxury afternoon tea with scones and Prosecco, there's a whole list of freshly prepared temptations on the menu. In fact, for any coeliacs visiting this pretty corner of Kent, a return trip is almost inevitable! Check out the menus at oscar-bentleys.co.uk



2 Learn to cook

Food @ One Cookery School, The White House, Badlesmere Lees, Kent ME13 0NX, £75

Nestled in the heart of Kent, Emily Curson-Baker's cookery school offers a full menu of inspiring courses, all suitable for the gluten-free cook. Try Paleo Autumn (22nd October) or Gluten Free Xmas (10th November) for a fun, informative and memorable day out. To find out more, go to foodatone.commammas.co.uk



GET IN TOUCH!

We'd love to hear your experience of great gluten-free restaurants, cafés, B&Bs, hotels, bakeries and food festivals across the UK! Please email your suggestions to: editor@eating-and-living-glutenfree.co.uk

taste test

COCONUT OIL

This issue, you put coconut oil to the test, and here are our winners...

Our panel



Dave Williams,
Solihull,
Coeliac



Steve Milnes,
Bristol,
Gluten intolerant



Carey Taylor,
Winchester,
GF by choice

Lucy Bee Extra Virgin Raw Coconut Oil, £9.95 for 500ml

Our testers loved the great taste of Lucy Bee's Coconut Oil, which is equally flavoursome both raw and cooked. It was also a winner when used on skin and in hair, although be prepared to feel a little greasy if using it as part of your beauty regime. Great packaging makes this jar a 'must pick-up' and adds to the overall experience, which makes this our absolute favourite coconut oil.

Star rating: ★★★★★



Perfectly Pure Coconut Oil, £7.74 for 453g

Great for using in salads, for cooking or as a simple body moisturiser, our panel were particularly impressed with the good crisp that this product gave to roasted potatoes. At just £7.74 for 453g this oil offers great value for money, and was voted one of the best-smelling oils in our test, too.

Star rating: ★★★



Tiana Fair Trade Organic Extra Virgin Coconut Oil, £8.75 for 250ml

Billed as the world's premier coconut oil, this product is pricier than other similar oils on the market, but we must admit we found it worth every penny with a really great taste both raw and cooked. It certainly keeps its promises of being great for cooking, baking and using in drinks, and it makes a wonderful organic moisturiser and hair conditioner, too.

Star rating: ★★★

JOIN OUR
PANEL!

If you'd like to test products for a forthcoming issue, email editor@eating-and-living-glutenfree.co.uk

Revamp your lunchbox

Say goodbye to boring lunchtimes and hello to being excited at midday with these seven delicious recipe ideas

Ham, egg and mayo
lettuce wraps
Crispy falafels

62

64

Mango & bean quinoa salad
Homemade bagels
Brown rice pasta salad

65

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Mini frittatas


68

Avocado and broad bean
smash on brown rice cakes

69



GOOD TO GO

AVOCADO AND BROAD BEANS MAKE A DELICIOUS SPREAD FOR RICE CAKES. FIND THE RECIPE ON **P69** 

REVAMP YOUR LUNCH BOX



Ham, egg and mayo lettuce wraps

Pack a couple of these protein-fueled Paleo wraps for your lunch - they're the ideal on-the-go option if you've a busy day ahead

SKILL LEVEL:  **SERVES 2** **PREPARATION:** 5 minutes **COOKING:** 10 minutes

YOU WILL NEED

- 2 hard-boiled eggs, chopped
- 2 tbsp homemade mayonnaise (see below)
- Sea salt and freshly ground black pepper
- 2 large cos lettuce leaves
- 4 thin slices of ham
- 1 carrot, grated
- 1 (Lebanese) cucumber, sliced
- 1 beetroot, peeled and grated (wear gloves!)

FOR THE MAYONNAISE

- 1 egg
- 2 egg yolks
- 1 tsp Dijon mustard
- ½ tsp fine sea salt
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 500ml (18fl oz) light olive oil or macadamia oil

KCAL
428FAT
35gSATURATES
6gCARBS
7gSUGAR
7gFIBRE
3gPROTEIN
18gSALT
1.7g

*PER SERVING

CHEF'S TIP

Source the best quality pastured ham you can spend your money on. You don't need to pay over the odds, but try to find a butcher who can talk confidently about the provenance of his or her meat. Grass fed is best, as it means the animal has been raised humanely and healthily - the quality of the meat will be so much better, too.

HOW TO MAKE

1 To make your own mayonnaise, place the egg, egg yolks, mustard, salt, vinegar and lemon juice in a food processor and process for 1-2 minutes, or until nice and smooth. With the motor running, slowly pour in the oil and process until it has emulsified and become thick and creamy. Season with a little more salt if needed. Leftover mayo can be stored in an airtight container in the fridge for up to 4 days.

2 To make the wraps, mix the egg and 2 tablespoons of the mayonnaise until well combined; season with salt and pepper.

2 Place two sheets of baking paper on a workbench or chopping board and put a lettuce leaf on each sheet. Equally divide the ham, carrot, cucumber, beetroot and egg mayo between the lettuce leaves, then roll up, wrap tightly and cut in half.



Taken from *Family Food 130 Delicious Paleo Recipes For Every Day* by Pete Evans (Macmillan, £18.99)



YOU WILL NEED

- 1 tin chickpeas or 200g (7oz) raw chickpeas (soaked overnight)
- 2 handfuls diced coriander
- Juice of ½ lemon
- 1 tbsp harissa paste
- 30g (1oz) gluten-free porridge oats
- 1 tbsp coconut oil
- 2 tbsp olive oil
- Seasoning, to taste

KCAL 244	FAT 14g	SATURATES 5g	CARBS 18g
SUGAR 1g	FIBRE 6g	PROTEIN 8g	SALT 0.5g

*PER SERVING



Photography: © Truly Madly Healthy

Crunchy falafels

A dish eaten throughout the Middle East and now a street food staple in this country, too. Crunchy, herby falafel make a delicious lunch served with lots of salad, a yogurt dip or a dollop of hummus, and a scattering of toasted seeds

SKILL LEVEL: **SERVES 2-3** **PREPARATION:** 10 minutes
COOKING: 15 minutes

CHEF'S TIP

Add a couple of sprigs of fresh mint and parsley to the blender to make these falafel a vibrant shade of green. Kids will love finding these brilliantly bright little balls in their lunchboxes!

HOW TO MAKE

1 In a blender, add the chickpeas, diced coriander, harissa paste, lemon juice, coconut oil, olive oil, porridge oats and blend until smooth (approximately 1 minute).

2 Season to your taste, then heat

1 tbsp of coconut oil in a pan over a medium heat.

3 Make small, burger-shaped falafel patties and gently fry them on each side for 3-4 minutes. Serve and enjoy with salad and a side of yogurt dip or hummus.



Taken from *Truly Madly Healthy Free From Recipes* by Jemma Govier. (Truly Madly Healthy, £16.99). Visit trulymadlyhealthy.co.uk for more recipe ideas

YOU WILL NEED

- 225ml (8fl oz) water
- 85g (3oz) quinoa
- 200g (7oz) canned kidney or mixed beans
- 3 spring onions, sliced
- 2 celery sticks, sliced
- ½ mango, peeled, stoned and chopped
- Grated zest and juice of 1 lime
- 1 tbsp olive oil

KCAL 359	FAT 9g	SATURATES 1g	CARBS 51g
SUGAR 18g	FIBRE 10g	PROTEIN 14g	SALT 1.1g

*PER SERVING



Mango & bean quinoa salad

Quinoa is a brilliant source of protein, and this fantastically fruity lunch box filler is a great choice for gluten free vegans wanting to pack as much as they can into their diet

SKILL LEVEL:  **SERVES 2**

PREPARATION: 15 minutes **COOKING:** 12 minutes

CHEF'S TIP

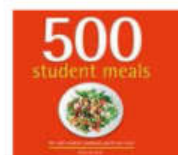
Native to South America, quinoa has a nutty flavour and crunchy texture. In addition, it is rich in complete protein, making it an ideal food to eat on the go. Quinoa quadruples in size when cooked, so you will have some to spare for another lunch – it is tricky to cook less than this quantity.

HOW TO MAKE

1 Salt the water and bring it to the boil in a medium-size saucepan. Rinse the quinoa, then add it to the pan, stir and simmer for about 12 minutes, until tender and the germ ring inside the grain becomes visible. Drain, then cover with a clean tea towel and leave to sit for 5 minutes. Allow to cool.

2 Put the cooked quinoa (or as much as you will eat) into a bowl. Drain the kidney beans, then add them to the bowl with the spring onions, celery and mango. Stir in the lime zest and juice and the olive oil. Serve.

3 Pack the mixture into a plastic container. It will keep for 24 hours in the fridge.



Taken from
500 Student Meals
by Deborah Gray
(Apple Press, £9.99)



Photography: Dean Govier

YOU WILL NEED

- 2 organic eggs
- 95g (3oz) tapioca flour
- Pinch of sea salt
- 1 tsp apple cider vinegar
- 1 tsp gluten-free baking powder
- 200ml almond milk
- 1 tsp dry yeast packet

KCAL

173

FAT

4g

SATURATES

1g

CARBS

27g

SUGAR

0.1g

FIBRE

1g

PROTEIN

5g

SALT

0.8g

*PER SERVING

Homemade bagels

Roll up your sleeves and bake a batch of bagels, then slice and top with your choice of ingredients, from smoked salmon and cream cheese to hummus and sliced olives

SKILL LEVEL:  **SERVES 3**

PREPARATION: 10 minutes

COOKING: 15-20 minutes

HOW TO MAKE

1 Pre-heat the oven to 180°C/350°F/Gas Mark 4, then grease a doughnut tray with coconut oil.

2 Gently warm the almond milk in a pan over medium heat, then add the yeast. Stir until it has all dissolved.

3 Add both flours, sea salt, baking powder and eggs. Stir until smooth and all the flour is combined.

4 Place the mixture into the greased tray and bake in the oven for 15 to 20 minutes.

5 Allow to cool, then place under the grill and toast.

TrulyMadlyHealthy
FREE FROM RECIPES



Recipe taken from
*Truly Madly Healthy
Free From Recipes*
by Jemma Govier
(trulymadlyhealthy.
co.uk, £14.99)

CHEF'S TIP

You can make cinnamon and raisin bagels by adding in 1 tsp of cinnamon and 50g (2oz) raisins

YOU WILL NEED

- 110g (4oz) brown rice fusilli or penne
- Pinch of salt
- 1 large or 2 small avocados, peeled, stoned and cubed
- 3 handfuls of rocket
- 2 heaped tbsp pesto
- 4 tbsp extra-virgin olive oil (you may need more or less depending on the consistency of the pesto)
- Juice of half a lemon

KCAL 677	FAT 51g	SATURATES 9g	CARBS 44g
SUGAR 1g	FIBRE 6g	PROTEIN 7g	SALT 0.9g

*PER SERVING



Photography: Matt Russell

Brown rice pasta salad with avocado, rocket and pesto vinaigrette

If you're going gluten free you needn't forgo fusilli, as brown rice pasta is a nutritious alternative. This dish is perfect comfort food for drizzly autumn days when only a bowl of pasta will do

SKILL LEVEL: **SERVES 2**

PREPARATION: 5 minutes **COOKING:** 10 minutes (pasta)

HOW TO MAKE

1 Cook the pasta in boiling salted water following the instructions on the packet. This normally takes around 10 minutes. While it is cooking, make the vinaigrette by simply combining the pesto, olive oil and lemon juice in a bowl.

2 Once the pasta is cooked, rinse with cold water and drain, then add to a bowl with the avocado cubes and rocket. Drizzle the vinaigrette over the pasta and toss together until everything is well coated.

CHEF'S TIP

If you're making this salad in advance, then omit the avocado and rocket and just add them to your lunch box the night before, along with a portion of the salad, and store in the fridge.



Recipe taken from *Naturally Sassy* by Saskia Gregson-Williams (Ebury Press, £16.99)

Mini frittatas

Rich in vitamins B, C and D, these frittatas are made with courgette and red pepper, but you can add any vegetables you have to hand. Great for using up last night's leftovers!

SKILL LEVEL:  **MAKES** 12 (serves 4)

PREPARATION: 10 minutes

COOKING: 18 minutes

YOU WILL NEED

- 1 large red onion
- 2 garlic cloves
- 2 red peppers, deseeded
- 1 courgette
- 1 ear of sweetcorn (corn on the cob), husks and silk removed
- 1 sprig of fresh thyme, leaves picked
- 9 eggs
- 100ml (3½fl oz) rice milk
- Salt and pepper
- Snipped fresh chives or micro rocket, to garnish

KCAL 292	FAT 14g	SATURATES 4g	CARBS 20g
SUGAR 11g	FIBRE 5g	PROTEIN 18g	SALT 0.4g

*PER SERVING

CHEF'S TIP

One serving of these frittatas provides a third of your daily requirement for selenium, needed for the proper functioning of the thyroid gland. A significant number of UK adults don't get enough of this essential mineral in their diet, so make sure you up your intake!



Photography: Keiko Oikawa

HOW TO MAKE

1 Preheat your oven to 200°C/Fan 180°C/400°F/Gas Mark 6. Lightly oil a non-stick 12-hole muffin tin.

2 Finely dice the onion, garlic, red peppers and courgette and place in a large bowl.

3 Now cut the sweetcorn kernels from the cob. The easiest way to do this is to hold the cob at one end, upright at an angle, with the other end in the centre of a kitchen towel on your work surface, and to run a knife down the cob to remove the kernels. Do this all the way round. Discard the cob and tip the sweetcorn kernels into the bowl.

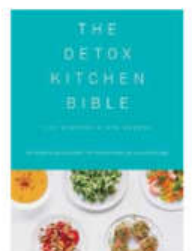
4 Add the thyme leaves to the vegetables and season with salt and pepper. Spoon the mixture

into the holes in the muffin tin, distributing the vegetables equally. Place in the heated oven and cook for 12 minutes.

5 Meanwhile, crack the eggs into a large jug or bowl. Add the rice milk and a pinch of salt and whisk until well mixed.

6 Remove the tin from the oven and set it on a heatproof surface. Pour the egg mixture over the vegetables so that each hole is three-quarters full. Bake for a further 6 minutes until the egg is completely set.

7 The mini frittatas should fall out of the holes easily. Place them on a large plate, garnish with chives or micro rocket and serve.



Taken from *The Detox Kitchen Bible* by Lily Simpson and Rob Hobson (Bloomsbury, £25)

Avocado and broad bean smash on brown rice cakes

This delicious blend of broad beans and creamy avocado makes the perfect topping for crackers or gluten free toast – add a sprinkling of chilli flakes and a dash of tabasco to the mix for a touch of spice

SKILL LEVEL:  **SERVES 2**

PREPARATION: 5 minutes

YOU WILL NEED

- 1 tsp lemon juice
- Handful of spinach
- 2 avocados
- 50g (1¾oz) cooked broad beans (podded but unskinned)
- ½ cucumber, diced
- 1 tsp lime juice
- Pinch of crushed dried chilli
- 1 tbsp chopped fresh coriander, plus extra leaves
- 4 fresh mint leaves, finely chopped, plus extra leaves
- Salt and pepper

TO SERVE

- 4 brown rice cakes
- Lime wedges

KCAL
231

FAT
20g

SATURATES
4g

CARBS
5g

SUGAR
2g

FIBRE
7g

PROTEIN
4g

SALT
0.1g

*PER SERVING



Photography: Keiko Oikawa

HOW TO MAKE

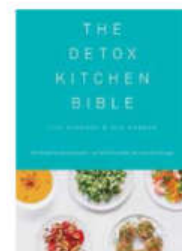
1 Peel the avocados and remove the stone. Place the flesh from one avocado in a blender with the lemon juice, spinach and broad beans and blitz to a rough paste.

2 Dice the remaining avocado and place in a bowl with the cucumber, lime juice, chilli and chopped coriander and mint. Mix through the avocado paste with salt and pepper to taste.

3 Pile on top of the brown rice cakes, add the whole herb leaves and serve, with lime wedges for squeezing over.

CHEF'S TIP

Need a gluten-free canapé for a party? Arrange buckwheat blinis on a plate and top with a spoonful of this smash, plus a little smoked salmon, a squeeze of lemon and a few micro herbs. Your friends will be impressed by your efforts!



Taken from *The Detox Kitchen Bible* by Lily Simpson and Rob Hobson (Bloomsbury, £25)

Ask the experts

Following a gluten free diet can take a bit of getting used to. Our experts are on hand to answer your queries and offer their practical advice

THIS ISSUE'S EXPERTS:



Hannah Miles

HANNAH MILES

Hannah Miles was a finalist on BBC's *MasterChef* in 2007 and has since become a cookery writer, with more than 20 books to her name, plus recipes that have featured in a host of national and international magazines.

She developed a passion for gluten-free cooking after her best friend was diagnosed with wheat intolerance. Having been inspired to start creating gluten-free recipes that were tasty enough to appeal to everyone (not just those on a gluten-restricted diet) she has now written three gluten-free cookbooks, all published by Ryland Peters & Small. Hannah also works as a lawyer.



Deborah Thackeray

DEBORAH THACKERAY

Deborah Thackeray is a registered nutritional therapist with a practice in North Yorkshire. She has a particular interest in coeliac disease and gluten sensitivity, and set up the website *Gluten Free Baking and Living* with her coeliac husband, Ian. Deborah is a consultant to gluten-free food producers and teaches gluten-free baking in three locations in the UK. She also writes for and publishes *Gluten Free Baking and Living* e-magazine. For more from Deborah, visit glutenfreebaking.co.uk, like *Gluten Free Baking and Living* on Facebook or follow @GlutenFreeBaki1 on Twitter.

CONTACT US...

Have you got a question for our experts? Email editor@eating-and-living-glutenfree.co.uk and although the experts won't be able to answer you personally, each issue we'll choose a selection of questions and answers to print so that all our readers can benefit from their wisdom.

SEED SUBSTITUTE

Q Can I use chia seeds in a recipe instead of flax seeds?

A **Hannah says:** This really depends on the reason you are adding the seeds. Flax seeds have a taste to them whereas chia seeds do not - they're virtually tasteless. Chia will still add nutritional benefits and added crunch, but if the taste of flax seeds is what you are looking for, then adding chia seeds will not be a suitable substitute.

DENTIST DILEMMA

Q I've heard that it can be dangerous for coeliacs to visit a dentist. Is this true?

A **Deborah says:** I think the risk is very minimal and that it is extremely important to visit the dentist regularly. It can be the case that some dental products contain wheat starch, particularly in the US, but most UK toothpastes are gluten free. At the dentist, the main risks seem to be mouthwashes and polishes. I'd recommend that you tell your dentist that you are coeliac when you book your appointment and ask them to check the ingredients list on the products they are likely to use on you. Coeliac disease can sometimes cause tooth enamel defects, particularly in children (when their adult teeth are forming), so always make sure that you have regular dental check-ups.



Let your dentist know you are coeliac before your appointment

WHY AM I SO TIRED?

Q I've been on a strict gluten free diet for over six years now, but I am still experiencing the same extreme tiredness as I did before my diagnosis. What am I doing wrong?

A Deborah: There are many potential causes of ongoing fatigue – low thyroid function or vitamin B12 deficiency are both common in coeliacs, so it could be that. Are you sure that you are not getting accidentally glutened regularly? Even a tiny amount of gluten can cause an autoimmune reaction that can last six weeks. This could prevent the gut from healing properly, which may mean that nutrient deficiencies continue, also contributing to tiredness. You may also be cross reacting to another food. You would probably need to work with a registered nutritionist to help you test for it and eliminate it. But firstly, you should go to your GP – extreme tiredness is serious so do get checked out.



Eating gluten free doesn't have to be anti-social – help prep food when eating at friends' houses and show how delicious GF can be

SHOULD I DIY?

Q As a recently diagnosed coeliac, I am wondering what is the best way to eat safely while staying with other people. Should I take my own food and prep it separately, or would it be better to make it at home first?

A Deborah says: I think it is nicer to be sociable and eat together – and

it's also an opportunity to show friends how easy it can be to eat gluten free. Firstly, tell them in advance that you can't eat anything with gluten in it – you will have to stress that it is coeliac disease, rather than gluten avoidance (some people think that you will be fine with a little gluten!). Do tell them that you will be fine with rice and potatoes. I think it can be a good idea to take your favourite breakfast cereal, gluten-free pasta, some crackers or oatcakes and toaster bags.

When you arrive, you can explain that only a crumb of gluten could make you ill, so do offer to help prepare food. Most people are happy to help you be safe, and simple home-prepared food can easily be made without gluten.

CRACKING CREAM TEAS

Q I love making cream teas but have yet to find a good recipe for gluten free scones as the ones I've tried in the past always seem to crumble when I cut them. Can you help?

A Hannah says: The key with scones is to add extra moisture. I make mine with buttermilk which helps hold the scones together. Mix 350g gluten-free self-raising flour, 2 tsp gluten-free baking powder and 100g ground almonds together in a bowl. Rub in 150g of cold butter with your fingertips until the mixture resembles fine breadcrumbs. Stir in 60g of caster sugar, then gradually add 250ml of buttermilk, mixing it in with your hands until you have created a soft dough. Add a little more buttermilk if needed. Roll out the dough on a floured surface and cut 10 scones with a 7.5cm (3in) cutter. Brush the tops with a little milk, and then sprinkle with sugar and ground cinnamon. Bake in a preheated oven at 180°C/350°F/Gas Mark 4 for 20-25 minutes until the scones are golden on top. Leave to cool and then serve with cream and strawberry jam.

CONFUSED ABOUT COCONUT OIL

Q My mum just bought me a big jar of coconut oil after reading about the benefits of cooking with it and how it's good for skin. But I'm not sure how to use it and how much I need – any suggestions?

A Deborah says: Coconut oil is one of the most delicious products – I have been known to eat it straight from the jar! A tablespoon of coconut oil is perfect for popping popcorn kernels in, and you can use a spoonful melted in a pan to cook stir fries in, which will give a delicious flavour. You can use melted coconut oil as a substitute for vegetable or sunflower oils in recipes, and you can also use it as an alternative to butter on toast.



Coconut oil is a tasty alternative to cooking oils



See a nutritionist to find out how diet might be affecting your skin

WILL A GF DIET CURE ACNE?

Q Can coeliac disease be related to bad acne? My sister is suffering from both, and she is feeling very depressed. Should she be using gluten-free products on her skin, too?

A Deborah says: Bad acne can be very debilitating and can contribute to depression. There are links between coeliac disease and skin conditions - the most commonly linked one is dermatitis herpetiformis. Acne and other skin

conditions can be related, but there isn't much published medical evidence, it's mostly anecdotal. There is evidence for a relationship between gluten and symptoms of depression, though. If your sister is on a strict gluten free diet, and both the acne and depression are ongoing, then it is likely that gluten isn't the only problem. While it might be worth trying different skin products, I think she may benefit from seeing a registered nutritionist to help her change her diet to improve both her skin and her mood.

WHAT SHOULD I BUY?

Q I'd love to do more GF baking for my coeliac son, but don't want to buy lots of expensive ingredients. What are the basics I will definitely need?

A Hannah says: If you are just starting out, then the best products to buy are ready-mixed, gluten-free plain and self-raising flours. These are blended by experts and produce really good results in cakes and baking, so a bag of these should be part of your essential store cupboard. The other ingredient I always have in is ground almonds (provided that your son does not have a nut allergy), as

using ground almonds gives cakes a very good moist texture. Buttermilk for added moisture is also really good to keep in the fridge - it is cheap and usually has a long sell-by date, ideal for spontaneous baking.

CAN I EAT WHEAT AGAIN?

Q I am a diagnosed coeliac. Would taking digestive enzymes allow me to be able to eat wheat again?

A Deborah says: The straight answer is no. Coeliac disease is not a problem with your digestive system - although it might cause upheaval there - it is an autoimmune condition. Eating gluten, even if you are symptomless, can start a reaction in your immune system which can take weeks to go away. If you have problems with digesting any other foods, such as lactose, then enzymes like lactase may well help there.

PARTY PREP

Q My four-year-old little boy has recently been diagnosed with coeliac disease. How do I deal with invitations to his friends' birthday parties?

A Deborah says: Most parents of coeliac children very quickly get used to always packing a lunch box of suitable treats for their child to take to parties. And children themselves soon learn to ask whether foods are safe for them. If you can, do ask the parents to make sure that his party bag has nothing in containing gluten. And sometimes, the other parent is really happy to help by serving a gluten-free birthday tea that's safe for everyone.

TOP FLOUR TIP

Q If I don't have gluten-free self-raising flour, can I adapt plain flour?

A Hannah says: If you have baking powder you can easily make gluten-free self-raising flour by adding 1 tsp of baking powder to 115g of gluten-free plain flour. Sift the flour and powder together to make sure that they are well mixed. Make sure that the brand of baking powder you use is gluten free, too.



Be party-prepared with a bag of gluten-free treats!

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- England netball star Ama Agbeze's healthy eating tips
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WHY IS EVERYONE EATING *cauliflower?*

Until a few years ago, cauliflower was the forgotten member of the cruciferous family. Trends for more exotic veg such as purple sprouting broccoli and kale meant that the humble cauli was sitting unloved on shelves, and sales were really plummeting.

Today, however, the vegetable is enjoying a triumphant return to our plates, helped by a range of delicious recipes far removed from the traditional tasty but tiresome British method of boiling it and covering it in a cheese sauce.

WHY SHOULD I EAT IT?

There are so many good reasons to eat this white floretted vegetable, which also comes in orange and purple varieties. Per 100g it contains just 25 calories, has only 0.3g of fat and is packed with a variety of vitamins and minerals, including potassium and 80% of your RDA of vitamin C. It also has di-indolyl-methane, which is an effective anti-bacterial and anti-viral agent and thus good for your immune system, plus sulforaphane and indol-3-carbinol, both of which have proven benefits against various cancers including prostate, breast and cervical.

EASY CAULIFLOWER IDEAS

- **Roast it in slices like meat** - the roasting process causes it to caramelise and brings out the nuttiness
- **Chop it up finely to make 'rice'** - save on the carbs by turning cauliflower into a faux grain (see p78)
- **Purée it and put it in cakes** - adding it to your bakes gives a moist quality
- **Use it in a pizza base** - grated cauliflower makes a great flour substitute
- **Turn it into a soup** - it transforms into a gorgeously creamy liquid that carries other flavours well
- **Eat it raw in salads** - the uneven texture of the cauliflower florets beautifully soaks up dressings.



IMAGE: © iStock

Balsamic roasted cauliflower with pine nut and tahini dressing

Tahini is an everyday staple in the Mediterranean kitchen, and when used in dressings like this one, its rich nuttiness really enhances the flavour of roasted vegetables

SKILL LEVEL:  **SERVES 4**

PREPARATION: 15 minutes

COOKING: 25-30 minutes

YOU WILL NEED

FOR THE CAULIFLOWER

- 1 head of cauliflower
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp kosher salt
- 1 tsp freshly ground black pepper

FOR THE DRESSING

- 2 garlic cloves, minced
- 3 tbsp tahini paste
- 1 lemon, juiced
- ¼ cup (35g) pine nuts, toasted
- Kosher salt and freshly ground black pepper
- ¼ cup (5g) fresh flat-leaf parsley, chopped, plus more for garnish

KCAL 255	FAT 21g	SATURATES 3g	CARBS 7g
SUGAR 4g	FIBRE 5g	PROTEIN 7g	SALT 1.4g

*PER SERVING

CHEF'S TIP

For a simple variation, try substituting the pine nuts for a ¼ cup of golden raisins, and adjust the seasoning accordingly.



Photography: Helen Norman

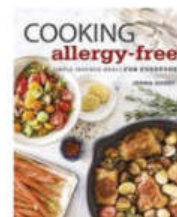
HOW TO MAKE

1 Position a rack in the centre of the oven and preheat the oven to 200°C/400°F/Gas Mark 6.

Trim the florets from the head of cauliflower, then thinly slice them and transfer to a large bowl.

2 Add the oil, vinegar, salt and pepper, and toss to coat. Arrange the seasoned cauliflower in a single layer on a rimmed baking sheet and cook, uncovered, for 25 - 30 minutes, until the cauliflower is golden brown and caramelised.

3 While the cauliflower is roasting, make the dressing by combining all the ingredients in a small bowl. Return the roasted cauliflower to the original large bowl, then add the dressing. Season with salt and pepper, then toss to coat. Transfer the cauliflower to a serving platter and garnish with parsley, to serve.



Recipe taken from *Cooking Allergy-Free* by Jenna Short (The Taunton Press, £19.99)

YOU WILL NEED

- 1 cauliflower
- ¼ cup (60ml) coconut oil
- ¼ cup (60ml) coconut milk
- 2 cloves garlic, crushed

KCAL

282

FAT

25g

SATURATES

21g

CARBS

5g

SUGAR

4g

FIBRE

4g

PROTEIN

6g

SALT

0.1g

*PER SERVING



Photography: Dean Govier

Garlic cauliflower mash

Serve this smooth, creamy and satisfying alternative to mashed potato with your favourite roasted meat or vegetables

SKILL LEVEL: 

SERVES 3 **PREPARATION:** 3 minutes

COOKING: 8-10 minutes

HOW TO MAKE

1 Bring a large pot of water to a boil over a high heat.

2 Dice the cauliflower into florets, place in the boiling water and cook until the cauliflower is tender, approximately 8 to 10 minutes.

3 Strain the cauliflower from the water and place back into the pot.

4 Add the coconut oil, coconut milk, garlic, salt and pepper. Mash the mixture using a hand blender. Then pour everything into a blender and blend until smooth in texture.

CHEF'S TIP

Big fan of garlic? Then add an extra clove or two to your cauliflower before blending.



Recipe taken from
Truly Madly Healthy
Free From Recipes
by Gemma Govier
(trulymadlyhealthy.
co.uk, £19.99)



Photography: Julie Bidwell

YOU WILL NEED

- 1 large head of cauliflower
- 4 tbsp extra virgin olive oil
- 1 tsp fresh ginger, grated
- 1 tsp fresh turmeric root, grated (or ½ tsp ground turmeric)
- 3 garlic cloves, minced
- Zest and juice of 1 orange
- Sea salt and freshly ground pepper
- 1 tbsp fresh coriander, chopped

KCAL 165	FAT 12g	SATURATES 2g	CARBS 8g
SUGAR 5g	FIBRE 4g	PROTEIN 4g	SALT 0.2g

*PER SERVING

CHEF'S TIP

To turn your cauliflower steaks into a more substantial meal, serve them over a bed of black lentils or wild rice.

Cauliflower steaks with ginger, turmeric and orange

Marinate slices of cauliflower with fresh citrus and spices for a quick and zingy vegetarian meal

SKILL LEVEL: **SERVES 4** **PREPARATION:** 15 minutes **COOKING:** 20-25 minutes

HOW TO MAKE

1 Preheat the oven to 200°C/400°F/ Gas Mark 6. Line a baking sheet with parchment paper.

2 Remove the leaves from cauliflower, trim the base of the stem and cut the head from the top down into 2cm (¾in) slices, being careful not to detach the florets from the core. Save any outer florets that fall off for another use. Cut the slices in half through the core.

3 Heat a cast iron skillet over high heat and cover the bottom with 1½ tbsp of olive oil. Working

in batches, place half of the cauliflower steaks in the skillet and sear on each side for 3 minutes, or until lightly browned. Transfer to the baking sheet and repeat for the second batch, with another 1½ tbsp of olive oil.

4 Whisk together the ginger, turmeric, garlic, orange zest, orange juice, the remaining 1 tbsp of olive oil, and salt and pepper to taste. Brush on both sides of the cauliflower steaks and roast for 15 minutes or until soft throughout. Remove from the heat and top with coriander. Serve immediately.



Recipe taken from
Eat Clean Live Well by
Terry Walters (Sterling,
£19.99)

YOU WILL NEED

- 1 cauliflower head, shredded or very finely chopped
- 1 tbsp coconut oil
- 1 tsp cumin seeds
- 1 tbsp ginger, garlic and chilli paste or freshly chopped ginger
- 10 curry leaves
- ½ tsp turmeric
- ½ tsp coriander powder
- ½ tsp cumin powder (optional)
- 2-3 tbsp coconut flakes (optional)
- Handful of fresh coriander leaves

KCAL 91	FAT 4g	SATURATES 3g	CARBS 6g
SUGAR 4g	FIBRE 4g	PROTEIN 4g	SALT 0.2g

*PER SERVING



Cauliflower 'rice' with coconut and cumin

Inspired by the Paleo diet, Mira Manek's fragrant Indian-style dish switches rice with shredded cauliflower for a grain-free delight

SKILL LEVEL:  **SERVES 3** **PREPARATION:** 10 minutes
COOKING: 5-10 minutes

CHEF'S TIP

This is a great alternative to rice as it still retains a similar taste and texture. It's the fragrant and nourishing blend of herbs and spices coupled with the coconut flakes that gives this dish a traditional Indian touch.

HOW TO MAKE

- 1 Start by finely grating the cauliflower or using a food processor to evenly and finely chop.
- 2 Place the oil and cumin seeds in a pan on low heat and wait until the cumin is brown. Now add the ginger, garlic and chilli paste, or grate some fresh ginger – without garlic and chilli – if you prefer.
- 3 Add the curry leaves and then the chopped cauliflower. Stir for a minute before adding the turmeric, coriander and cumin powders, as well as the coconut flakes.
- 4 Now add the coriander leaves and mix thoroughly for another minute. Sprinkle with coconut flakes to serve.



For more recipes and information on the release of Mira's book, upcoming events and product news, visit miramanek.com



A great way to cook fish and veg in mere minutes, retaining all the flavour and essential vitamins. **Large Zip 'n' Steam Bags** from Lakeland, £5.75 for a pack of 20

Swap gluten-free pasta for low carb spaghetti-style veg – everyone's doing it! **Vegetable Spiralizer** from Lakeland, £28.99



Funky coloured containers for half-finished fruit and veg, keeping them fresher for longer. **Fridge Savers** from Lakeland, £3.56 each



Creating your own yoghurt couldn't be easier with the EasiYo! range. **EasiYo! Yoghurt Maker** (£17.99) and sachets (from £2.09 each) from easiyoshop.co.uk



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With the ability to pulverise stems, seeds and skins for a super-nutritious smoothie, could this be the best blender ever? **Nutribullet Red 12-piece bundle** from idealworld.tv, £84.99



This tabletop BBQ has a built-in fan so you can keep the charcoal but lose the smoke, so it's great for indoors. **Lotus BBQ** from cuckooland.com, £129



AN INTERVIEW WITH

Howard Middleton

The former *The Great British Bake Off* contestant talks us through his new gluten-free cookbook and life after the BBC series

INTERVIEW BY CAREY TAYLOR

Best known for his lovable nature and 'custard-gate', Howard Middleton was a popular contestant on *GBBO*. Now, two years on, his first book, *Delicious Gluten-Free Baking* has hit the shelves. Filled with tasty alternative recipes, we talk to Howard about his inspiration, balancing a busy schedule and what's next.

Tell us about the inspiration behind your new book, *Delicious Gluten-Free Baking*?

It really began with the amazing reaction I got to my very first bake on *The Great British Bake Off* – the gluten-free passion fruit and coconut sandwich cake. People started asking me for more and more gluten-free recipes, so the book is partly about fulfilling the demand for the things people crave. But I also wanted to show people the potential of using different gluten-free flours, and to tap into some of the cultures and cuisines that use them. I feel passionately about being inclusive, so it was really important to me to be able to create tasty gluten free recipes that



Howard's new book is packed with creative and tasty gluten-free and wheat-free recipes

everyone can enjoy. I hope readers will also like the fact that the book isn't too serious – it's quirky and a little cheeky, too!

How did you find juggling your job, home life and writing?

It wasn't easy! I had to be more disciplined than I've ever been before – trying to bake at least six things every weekend, then writing up the recipes in the evenings after work. It was pretty exhausting and the kitchen looked like a bomb site! My partner, Peter, and I put on weight, not only from testing dozens of recipes, but also because there were times I felt so shattered I just couldn't bring myself to cook another thing, so we gave in to a few too many takeaways.

How did you get into baking?

I've baked and cooked from childhood. My mum set me on the right path by teaching me the basics of cakes, bread and pastry making, and then I wandered off the beaten track to do my own thing.

What life lesson did you take away from your time on *Bake Off*?

I think it's about living in the moment. The whole process – from your initial application to go on the programme, through the



From left: Howard has relished the opportunity to put his GF recipes in print; olive bread is just one of many mouth-watering bakes you can find in the book; that famous biscuit pagoda; Howard's GF take on the classic Swiss roll; with presenter Mel Giedroyc, filming for *The Great British Bake Off* and his brand new book



I feel passionately about being inclusive, so I create tasty gluten-free recipes that everyone can enjoy

auditions and then each week's elimination – it's all about getting as much out of it as you can. You also learn to bake quicker when you're up against the clock!

In what ways has appearing on *Bake Off* changed your life?

It gave me much more confidence. People love the programme so much that you realise you'll always be a sort of ambassador for it, so it's no good shying away if someone wants to talk to you. I've had so many wonderful opportunities come my way as a result of the show – I love the buzz of doing live demos and the pleasure of writing and talking about food. I've been incredibly lucky.

What would you say inspires you the most when it comes to baking?

My family is a huge inspiration – I have three nieces who are highly imaginative and have very challenging ideas about what they'd like for their birthday cakes. They help keep me creative. But I'm also inspired by new and unusual ingredients – I love buying

things I've never used before and then experimenting with them.

If you could only have one meal for the rest of your life, what would it be?

Oh, that would be a bit of a nightmare for me – when we eat out, I always scour the menu for something new. But if I had to choose one meal, I'd probably have some crunchy seafood like squid or whitebait to start with, then a rich red wine infused casserole with chunky vegetables and creamy mashed potatoes. I don't have a sweet tooth really, so I'd finish with cheese and biscuits. (I do have a bit of a cheese and biscuit obsession – the book includes four different recipes for cheesy biscuits!) Now if I ate that every night I probably wouldn't be able to get up off the sofa!

What is your proudest moment?

I think my proudest moment on *Bake Off* was creating my tower of tea-flavoured biscuits shaped like a pagoda. I'd had a lack-lustre signature bake that week and a disastrous technical challenge, so it was all

riding on the showstopper. I'm convinced that stack of biscuits kept me in the programme. But pride comes before a fall and I got the boot the week after!

How do you think you'll feel when you first see your book in shops?

I'll be excited and proud, but conscious of the fact that you don't want to be caught hanging around in shops gazing at your own book!

What's next for you, Howard?

I have lots of events lined up – more gluten-free demos at food festivals and even some literary festivals to talk about the book. After that, who knows? I'd love to write more – I'm always discovering new ingredients so there are still more recipes to come out of me. Life is full of surprise opportunities, and I'm very happy with that!

Find Howard's recipe for delicious raspberry and white chocolate shortbread on p36 and read his news and blog at howardmiddleton.com



1 Visit...

River Cottage's Devon HQ is a picture-perfect setting, so head down there and treat yourself to an advanced gluten free cookery course. Held on 15th October, this one-day workshop costs £195 and includes a seasonal two course lunch, fresh from the River Cottage kitchen. Go to rivercottage.net for more info.

5 things to do...

THIS AUTUMN



2 Cook with...

Halloween is fast approaching and plump pumpkins are ten a penny, so get your fix with both sweet and savoury treats. Try this vibrant ingredient in gluten-free pumpkin bread (p108), a warming soup or simply roasted as a side dish.

Take a gluten free cookery course, try seasonal pumpkin recipes, and enjoy a slice of cake... or two!

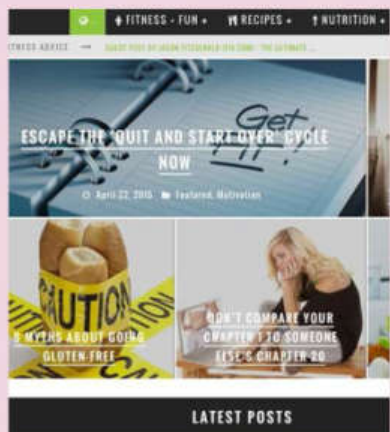


5 Eat more cake...

According to new research published by healthcare specialists Bupa, cake can help banish the blues. A great reason to turn to p83 for this issue's sweet treats, guaranteed to put a smile on your face! Visit bupa.com for more info.

3 Read...

If you're hungry for tips on staying healthy and keeping fit while living gluten free, look no further than this brilliant blog from Natalie Roberts. Natalie is gluten-intolerant and has a huge passion for health and fitness. She's a firm believer that eating and living healthily doesn't have to be boring and bland, so her blog is full of yummy gluten-free recipes, such as creamy strawberry and banana pops, and avocado baked eggs. There are also product reviews, beauty advice, workout ideas and much more – head over to fitandgluten-free.com for a browse.



4 Get a healthy start...

Popular granola brand Lizzi's has just added a gluten-free version of its tasty original granola to the range. Hurrah! The Glycaemic Load (GL) of each serving is measured to ensure a healthy, high-fibre breakfast with slow energy release. Just add milk or a dollop of yogurt, and top with a serving of fresh fruit. Available for £4.69 (for 400g) from lizis.co.uk and in-store at Asda and Sainsbury's.

Sweet satisfaction

As the nights draw in and the weather gets cooler, keep a smile on your face by indulging in these tasty treats

Berry and walnut crumble **84**
Banoffee pie **86**

Apple sauce cake **87**
Pears in saffron syrup **88**

Berry and apple pie **89**
Coconut flour brownies **90**



SLICE OF HEAVEN

SASKIA GREGSON-
WILLIAMS' SCRUMMY
BANOFFEE PIE
IS OVER
ON **P86** >>



Photography: Hilary McMullen

Mixed berry and walnut crumble

A traditional berry crumble is the perfect pudding to follow a roast dinner. Be warned, everyone will be back for seconds!

SKILL LEVEL:  **SERVES 10** **PREPARATION:** 10 minutes **COOKING:** 55 minutes

YOU WILL NEED

FOR THE FILLING

- 1kg (36½oz) fresh or frozen mixed berries
- 75g (2½oz) agave nectar
- 2 tbsp arrowroot powder
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg

FOR THE CRUMBLE

- 200g (7oz) certified gluten-free oats
- 125g (4½oz) chopped walnuts
- 56g (2oz) brown rice flour
- 100g (3½oz) agave nectar
- 2 tsp ground cinnamon
- ½ tsp ground allspice
- 104g (3½oz) coconut oil, plus more for greasing the dish

KCAL
376FAT
21gSATURATES
10gCARBS
37gSUGAR
18gFIBRE
6gPROTEIN
7gSALT
0.1g

*PER SERVING

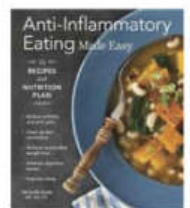
HOW TO MAKE

1 Preheat the oven to 200°C/350°F/ Gas Mark 4. Lightly grease a 22x33cm (9x13in) baking dish with coconut oil.

2 To make the filling, combine the berries, agave, arrowroot powder, cinnamon and nutmeg and toss until the berries are well coated. Transfer to the baking dish, cover with foil and bake for 35 minutes.

3 Meanwhile, to make the topping, combine the oats, walnuts, flour, agave, cinnamon and allspice in a medium bowl. Add the coconut oil and blend with a fork or pastry cutter until the mixture is crumbly.

4 Spread the topping over the fruit filling. Bake, uncovered, for 20 minutes or until the topping is browned. Allow the crumble to cool slightly before serving.



Recipe taken from *Anti-Inflammatory Eating Made Easy* by Michelle Babb (Sasquatch Books, £16.99)

CHEF'S TIP

This crumble recipe uses coconut oil, a multitasking ingredient that everyone should have in their cupboard. Not only is it full of metabolism-boosting medium chain triglycerides, it's also a great light moisturiser for your skin!

YOU WILL NEED

FOR THE FILLING

- 5 bananas, peeled, plus 2 bananas to decorate
- 120g (4¼oz) almond butter
- 5 Medjool dates, pitted and chopped
- 180ml (6 fl oz) dairy-free milk (almond, oat or rice)
- Cacao nibs, finely grated, for sprinkling

FOR THE BASE

- Coconut oil, for greasing
- 240g (8½oz) cashews
- 180g (6½oz) Medjool dates, pitted and chopped
- 1 tbsp water
- 3 tbsp raw cacao (or cocoa) powder (optional)

FOR THE COCONUT CREAM

- 2 x 400ml (13½oz) tins full-fat coconut milk
- 60ml (2fl oz) pure maple syrup

KCAL 724	FAT 46g	SATURATES 23g	CARBS 61g
SUGAR 52g	FIBRE 8g	PROTEIN 13g	SALT 0.1g
*PER SERVING			



Photography: Matt Russell

Banoffee pie

End a meal on a high note with this modern take on the British favourite. Nutrient-dense raw cacao lends a slight bitterness that balances the sweetness of the bananas beautifully

SKILL LEVEL: **SERVES 8** **PREPARATION:** 40 minutes plus setting time

HOW TO MAKE

1 A couple of hours before you start, empty the tins of coconut milk for the coconut cream into an airtight plastic container and place in the freezer. When you're ready to start, remove the container and scoop out the solidified cream (which will have separated from any watery liquid) into a bowl. Leave to defrost.

2 Start by making the base. Grease a 20cm (8in) diameter round flan dish or loose-bottomed tart tin with coconut oil, then grind the cashews in a food processor until they form a fine flour. Pour into a bowl and add the dates, water and cacao (or cocoa) powder (if using). Stir into a paste, then use your hands to combine into a dough. Mould into the bottom of the prepared tart tin,

pushing partway up the sides of the tin. Place in the fridge to set.

3 Add the bananas to your blender with the almond butter, dates and milk and blend until smooth. Pour onto the set base and place in the freezer for at least 2 hours to harden. Meanwhile, add the defrosted coconut cream to a blender with the maple syrup and blend until smooth. Pour into a bowl and leave to set.

4 When you're almost ready to eat, remove the pie from the freezer and transfer from the tin to a serving plate. Allow it to thaw before adding slices of banana on top, followed by dollops of the cream and a sprinkling of finely grated cacao nibs.

CHEF'S TIP

Medjool dates can be pricey, so if you find a good supplier it's a good idea to buy in bulk! You can store them in an airtight container in the freezer for up to a year, then simply defrost when you need to use them. De-stone and stuff them with a little nut butter for a quick, energy-boosting treat.



Recipe taken from *Naturally Sassy* by Saskia Gregson-Williams (Ebury Press, £16.99)

YOU WILL NEED

FOR THE BASE

- 115g (4oz) almond flour or meal
- 56g (2oz) coconut flour
- ¼ tsp sea salt
- ¼ tsp baking soda
- 60ml (2oz) cup maple syrup
- 3 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp water
- ½ tsp vanilla extract

FOR THE FILLING

- 470g (16½oz) peeled and shredded apples
- 164g (6oz) maple syrup
- 2 tsp lemon juice
- ½ tsp ground cinnamon
- 2 tbsp almond flour or meal
- 2 tbsp coconut flour

FOR THE TOPPING

- 3 apples
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- ⅛ tsp ground cinnamon
- 125g (4½oz) apricot jam

KCAL 372	FAT 16g	SATURATES 3g	CARBS 46g
SUGAR 38g	FIBRE 6g	PROTEIN 7g	SALT 0.3g

*PER SERVING



Photography: Julie Bidwell

Apple sauce cake

With this simple recipe up your sleeve you need never be in that 'I wish I'd made a cake' mood again - this is a deliciously moist bake that's so easy to throw together but sure to impress your guests!

SKILL LEVEL: **SERVES 8**

PREPARATION: 25 minutes **COOKING:** 1 hour 14 minutes

HOW TO MAKE

1 Preheat the oven to 200°C/350°F/ Gas Mark 4. Lightly grease a 23cm (9in) round springform pan with coconut oil and line the bottom with a round of parchment paper.

2 In a large bowl, combine the almond flour, coconut flour, salt and baking soda. In a separate bowl, whisk together the maple syrup, olive oil, lemon juice, water and vanilla. Pour the wet ingredients into the dry and fold to combine. Press into the springform pan and bake for 14 minutes or until edges start to brown.

3 In a large bowl, combine the shredded apples, maple syrup,

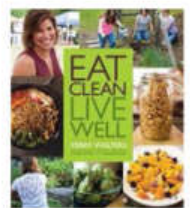
lemon juice, cinnamon, almond flour and coconut flour. Spread evenly over the crust.

2 Peel and cut the apples into 3mm (⅛in) thick slices and place in a shallow bowl. In a separate bowl, whisk together the lemon juice, maple syrup, vanilla and cinnamon. Pour over apple slices and toss to coat. Arrange the slices on top of the filling in a fanlike pattern. Place the pan on a baking sheet and bake for 1 hour. Remove from oven and cool before removing from the pan.

3 In a small pot over medium heat, melt the apricot preserves. Brush evenly on top of the cake to finish.

CHEF'S TIP

A jar of homemade apple sauce is a great ingredient to have in your cupboard, as you can use it instead of eggs and butter to make all sorts of dairy-free delights, from cookies and muffins to not-naughty-at-all American-style pancakes.



Recipe from *Eat Clean, Live Well* by Terry Walters (Sterling Epicure, £19.99)

YOU WILL NEED

- 1 kg (32oz) granulated sugar
- 600ml (20fl oz) water
- A large pinch of saffron fronds
- 12 firm pears
- 5-6 small cinnamon sticks

KCAL

628

FAT

0.3g

SATURATES

0g

CARBS

152g

SUGAR

147g

FIBRE

7g

PROTEIN

1g

SALT

0g

*PER SERVING



Photography: Jan Baldwin

Pears in saffron and cinnamon syrup

Lucky you if you have your own pear tree – they're in season now and, after a few days ripening on the windowsill, they taste delicious cooked and served with a little spice-infused syrup

SKILL LEVEL:  **SERVES 8**

PREPARATION: 10 minutes **COOKING:** 1 hour 40 minutes



Recipe taken from
Mezze by Ghillie
Basan (Ryland Peters
& Small, £16.99)

HOW TO MAKE

1 Tip the sugar into a heavy-based saucepan and add the water and the saffron fronds. Leave the fronds to weep their dye while you prepare the pears.

2 Fill a bowl with cold water. Peel the pears, keeping them whole with the stalks intact, and pop them into the water to prevent them from discolouring.

3 Heat the sugar, water and saffron and bring it to the boil, stirring all the time until the sugar dissolves. Reduce the heat, drop in the cinnamon sticks, and simmer for 10 minutes to form a syrup.

4 Drain the pears, shake off any excess water, and add them to the syrup. Bring the syrup to the boil, then reduce the heat and simmer the pears, rolling them from time to time in the syrup, for about 1.5 hours so that the saffron colour penetrates the fruit. Leave the pears to cool in the syrup.

5 Pop the pears into sterilised jars, top them up with the syrup and keep them in the refrigerator, or a cool place. They'll keep for at least 6 months. Serve them whole, quartered lengthways, or finely sliced with almost any selection of mezze dishes.

CHEF'S TIP

Cooking pears in this way is very versatile – author of *Mezze*, Ghillie Basan, suggests making batches of them and keeping them in the refrigerator to use as quick desserts or starters, served with blue cheese or in salads, or with Greek yoghurt and honey.

YOU WILL NEED

FOR THE FILLING

- 2 medium cooking apples, peeled and cut into 2cm (¾in) chunks
- 100ml (3½fl oz) water
- 50g (3½oz) sugar
- 450g (16oz) pack of frozen berries

FOR THE PASTRY

- 100g (3½oz) almond flour
- 260g (9oz) gluten-free plain flour
- 1 tsp xanthan gum
- 175g (6oz) butter
- 60g (2oz) caster sugar
- 75ml cold water
- Beaten egg

KCAL
627

FAT
35g

SATURATES
16g

CARBS
63g

SUGAR
34g

FIBRE
4g

PROTEIN
14g

SALT
0.5g

*PER SERVING



Photography: Tim May

Berry and apple pie

Nothing says 'autumn' like a slice of homemade pie served warm from the oven with a scoop of creamy vanilla ice cream

SKILL LEVEL: **MAKES** 6

PREPARATION: 30 minutes **COOKING:** 25 minutes

HOW TO MAKE

1 Place the apples in a large saucepan with the water and simmer until the apple begins to look a bit furry around the outsides. Take off the heat, add the sugar and the frozen fruit. Mix together and place in a greased pie dish.

2 Preheat the oven to 200°C/180°C Fan/350°F/Gas Mark 6.

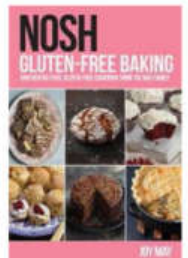
3 Make the pastry by putting the dry ingredients and butter in the food processor. Blitz until you have

something resembling breadcrumbs. Add the wet ingredients and pulse until you have a soft dough.

4 Turn the pastry onto a floured sheet of cling film and roll until it's 5mm (1/8 in) thick. Use the cling film to help lift the pastry onto the rolling pin and transfer to the tin or dish. Trim and pinch the edges of the pie. Brush with the beaten egg and bake in the oven for 25 minutes.

CHEF'S TIP

If you'd like to serve this pie with a little something but are trying to cut down on sugar, add a dollop of low fat crème fraîche or some natural yoghurt instead.



Recipe taken from *Nosh Gluten-Free Baking* by Joy May (inTRADE, £8.99). For more recipes like this, visit noshbooks.com

YOU WILL NEED

- 250g (8¾oz) unsalted butter, melted
- 200g (7oz) dark chocolate (at least 70% cocoa), cut into very small pieces
- 70g (2½oz) coconut flour
- 1 tsp gluten-free baking powder
- 1 tsp sea salt for the mixture, plus extra to sprinkle on top
- 80g (2¾oz) cocoa powder (at least 70%)
- 4 large free-range eggs
- 360g (12¾oz) caster sugar
- 100g (3½oz) pistachios, chopped into a mixture of fine and coarse chunks

KCAL

373

FAT

24g

SATURATES

13g

CARBS

32g

SUGAR

26g

FIBRE

5g

PROTEIN

6g

SALT

0.6g

*PER SERVING



Photography: David Loftus

Coconut flour brownies

Impress your friends when you serve these gloriously gooey brownies warm, with a dollop of crème fraîche or a scoop of ice cream and a sprinkling of pomegranate seeds on top

SKILL LEVEL: **MAKES 16** **PREPARATION:** 20 minutes, plus setting time

COOKING: 20 minutes

HOW TO MAKE

1 Preheat oven to 180°C/350°F/ Gas Mark 6. Grease a 20cm (8in) square baking tin with oil and line with non-stick baking paper.

2 Melt the butter in a saucepan over a medium heat, stirring gently. Once it has completely melted, remove from the heat and add the dark chocolate. Stir until the chocolate melts and the mixture is well combined.

3 Put the coconut flour, baking powder, salt and cocoa powder into a large bowl and mix until everything is well incorporated.

4 Place the eggs in the bowl of a stand mixer fitted with a whisk,

or use a hand-held electric whisk, and beat until light and creamy. Alternatively, you can do this by hand using a bit of elbow grease. Add the sugar and continue to beat until it is incorporated.

5 Gradually add the melted chocolate and butter mixture to the egg and sugar mixture, whisking the whole time. Gently fold in the coconut flour mixture, making sure that everything is well incorporated, but trying not to knock out any air.

6 Fold most of the pistachios into the mix. Spoon the mixture into the prepared tin and level out. Sprinkle the remaining pistachios on top and dust with a sprinkle of sea salt.

7 Put the mixture in the oven and bake for about 20 minutes, or until a skewer inserted around the outside of the cake comes out clean. The middle of the cake can still be squidgy at this point; aim to take it out when it is slightly under-baked, so that it stays super-gooey and moist. Cool in the tray, then cut into 16 equally-sized pieces.

CHEF'S TIP

Instead of ordinary sea salt, try using Himalayan pink sea salt in this recipe instead. This wonderful ingredient has a multitude of health benefits, including lowering blood pressure, improving circulation and aiding in the proper functioning of your metabolism.



Recipe taken from *Meringue Girls: Everything Sweet* by Alex Hoffler and Stacey O'Gorman (published by Square Peg, £18)



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taste test

SNACK BARS

This issue, you put snack bars to the test, and here are our winners...

Our panel



Alana Green,
Surrey,
Gluten intolerant



Cath Dean,
Aberdare,
Gluten free by choice



Kate Perry,
Hampshire,
Gluten intolerant

Geo Bar Cocoa and Beetroot, £2.60 for 3

The Fairtrade credentials of the fruit, nuts and cocoa in this bar were popular. The combination of beetroot and cocoa didn't go down as well, however, with one of the testers stating that the earthiness of the beetroot didn't work alongside the sweetness of the chocolate flavour. This bar has a rich texture and had the lowest calorie content of all the ones tested.

Star rating: ★★☆☆



Get Fruity Moist Mixed Berry, £2.70 for four

The panel all agreed that this bar lived up to its promise of being lip-smackingly tasty and filling! They liked the chunks of real fruit in the bar, and felt that it was an indulgent treat but one that didn't come in with too many calories (140 per bar). Our overall winner!

Star rating: ★★★★★



The Primal Pantry Apple & Pecan Raw Paleo Bar, £1.49

Our testers enjoyed the autumnal flavour of this bar, which also tasted quite strongly of cinnamon as well as apple and pecan. Its texture was a bit divisive, with one tester really enjoying it but another saying it was a bit chewier than they were expecting. All testers agreed that the price is quite high, as is the calorie rating, but that they felt full after eating the bar.

Star rating: ★★★☆



Nákd Berry Delight, 75p each

This fruit bar is made with dates, cashews, raisins and raspberries and has a moist, dense texture with a hint of crunch. This was one of the cheaper bars, and our testers felt it gave great value for money as it had lots of flavour and had good levels of fibre and protein (2.2g and 3g per 35g bar respectively).

Star rating: ★★★★★

JOIN OUR
PANEL!

If you'd like to test products for a forthcoming issue, email editor@eating-and-living-glutenfree.co.uk

Not-so-naughty nibbles

If you're looking for a tasty snack in between meals, this collection of gluten-free goodies is sure to hit the spot!

Crispy curried chickpeas **94**

Blueberry cacao clusters **95**

Granola bars **96**

Nutty coconut
energy truffles **97**

Kale chips **98**

Sunflower sesame
seed brittle **99**

**GO FOR
THE CRUNCH**
THESE BITESIZE BARS
ARE PACKED FULL
OF TASTE. FIND
THEM ON
P96 >>>

YOU WILL NEED

- 435g (15oz) can chickpeas, rinsed and drained
- 1 tbsp grapeseed oil
- 2 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp sea salt
- ½ tsp freshly ground black pepper
- ½ tsp fenugreek

KCAL 113	FAT 5g	SATURATES 0.5g	CARBS 10g
SUGAR 0.2g	FIBRE 4g	PROTEIN 5g	SALT 1.6g

*PER SERVING



Photography: © 2014 Anti-Inflammatory Eating Made Easy

Crispy curried chickpeas

Make up a batch of this Indian-inspired snack and have them to hand for when you fancy something a little crunchy and salty! They're a great alternative to crisps

SKILL LEVEL:  **SERVES 4**

PREPARATION: 10 minutes **COOKING:** 40 minutes

HOW TO MAKE

1 Preheat oven to 200°C/400°F/ Gas Mark 6.

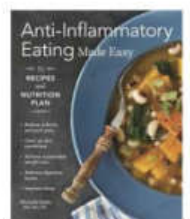
2 Pat the chickpeas dry with a paper towel and place in a bowl.

3 In another bowl, combine the oil, cumin, turmeric, salt, pepper, and fenugreek and mix with a fork. Pour the oil mixture over the chickpeas and stir until they're well coated.

4 Spread the chickpeas on a deep baking tray and bake for 40 minutes, or until they're golden brown and rattle around the tray. Serve immediately, or cool thoroughly before storing in an airtight container.

CHEF'S TIP

These curried chickpeas are actually best when eaten shortly after cooking, as they tend to lose some of their crispiness after storing unless the container is completely airtight.



Recipe taken from
*Anti-Inflammatory
Eating Made Easy*
by Michelle Babb
(Sasquatch Books,
£16.99)

YOU WILL NEED

- 3 tbsp coconut oil
- 3 tbsp raw cacao powder
- 115g (4oz) almonds, lightly toasted
- 55g (2oz) coconut flakes, lightly toasted
- 1 punnet of fresh or frozen blueberries
- Few fresh violets, optional

KCAL 85	FAT 7g	SATURATES 3g	CARBS 2g
SUGAR 1g	FIBRE 1g	PROTEIN 2g	SALT 0g

*PER SERVING



Photography: John Laurie

Blueberry cacao clusters

These tiny bundles of deliciousness make perfect petits fours to enjoy with an after-dinner coffee, and they're practically sugar free, too! Add a fresh flower for a pretty finishing touch

SKILL LEVEL:  **SERVES 16**

PREPARATION: 5 minutes, plus freezing time

HOW TO MAKE

1 Put the coconut oil and cacao in a medium saucepan and stir briefly over low heat until smooth.

2 While the mixture is still warm but no longer on the heat of the stove, add the almonds, coconut flakes and blueberries. If using frozen blueberries add them at the last minute and stir in quickly to stop the mixture clumping.

3 Spoon half teaspoons of the

mixture onto a baking tray lined with baking paper. Top with a violet, if you have them.

4 Place in the freezer or refrigerator depending on how soon you want to consume them. Refrigerate for about a day or leave in the freezer for a couple of hours.

5 Store in an airtight container in the refrigerator for 2-3 days or keep frozen for longer.

CHEF'S TIP

Replace the blueberries with small mandarin segments to make citrus-style versions of these clusters.



Recipe taken from
That Sugar Book by
Damon Gameau
(Pan Macmillan, £20)

Granola bars

This flexible granola bar recipe can be changed to suit whatever is in your cupboards – try cherries, hazelnuts and chocolate, almonds and apricots, or anything else that takes your fancy!

SKILL LEVEL:  **MAKES 16**

PREPARATION: 30 minutes, plus cooling

COOKING: 10-15 minutes

YOU WILL NEED

- 8 cups (720g) certified gluten free oats
- 2 cups (300g) nuts (a mix of your choice), roughly chopped
- ¼ cup (40g) sesame seeds
- 1 cup (200g) dried fruit (a mix of your choice), roughly chopped
- 1 cup (240ml) honey (or agave nectar if you are vegan)
- ½ cup (90g) brown sugar
- 2 tbsp butter (or vegan butter substitute)
- 1 tsp pure vanilla extract
- 1 tsp sea salt

KCAL
414

FAT
16g

SATURATES
3g

CARBS
50g

SUGAR
24g

FIBRE
7g

PROTEIN
12g

SALT
0.4g

*PER SERVING



Photography: Helen Norman

CHEF'S TIP

These granola bars can be stored in an airtight container for up to one month at room temperature or up to three months in the fridge.

HOW TO MAKE

1 Position two racks in the upper and lower thirds of the oven and preheat to 180°C/350°F/Gas Mark 4. Line a 32.5x27.5cm (13x9in) baking dish with parchment paper.

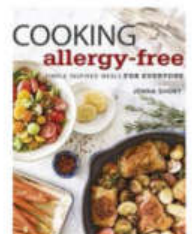
2 In a large bowl, mix together the oats, nuts and sesame seeds. Spread out in a single layer onto two baking sheets and cook for 10 to 15 minutes, or until golden brown and nutty smelling. Pour the hot oat mixture back into the bowl, add the dried fruit, and stir to combine. Leave to cool.

3 Meanwhile, combine the honey (or agave nectar), brown sugar, butter (or butter substitute), vanilla and sea salt in a small saucepan. Bring the mixture to

a boil over medium heat and then pour the syrup over the oat mixture. Use a heatproof spatula to stir everything together, ensuring that the oat-nut mixture is evenly coated.

4 Scrape the mixture into the parchment-lined dish. Wet your hands and immediately pat the mixture down firmly into the dish – it will be hot so be careful and keep your hands wet. Smooth the top with wet hands or a rubber spatula.

5 Allow the mixture to cool at room temperature for up to 1 hour, and then cut into 6x7cm (2½x2¾in) bars, or another desired shape. Once completely cool, store the cereal bars in an airtight container.



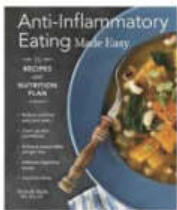
Taken from *Cooking Allergy-Free* by Jenna Short (Taunton Press, £19.99)

YOU WILL NEED

- 2 cups (200g) raw walnuts
- 1 tbsp ground cinnamon
- 1/8 tsp sea salt
- 1/2 cup (45g) pitted dates
- 1/2 cup (45g) dried cherries
- 2 tbsp coconut oil
- 2 tbsp almond butter
- 1/8 tsp almond extract
- 2 tbsp maple syrup (optional)
- 1/2 cup (30g) unsweetened shredded coconut

KCAL 201	FAT 16g	SATURATES 4g	CARBS 8g
SUGAR 6g	FIBRE 2g	PROTEIN 4g	SALT 0.1g

*PER SERVING



Recipe from
*Anti-Inflammatory
Eating Made Easy* by
Michelle Babb MS,
RD, CD (Sasquatch
Books, £16.99)



Photography: © Anti-Inflammatory Eating Made Easy 2014

Nutty coconut energy truffles

Whether you're going to be out hiking, biking or hitting the gym, these tasty little date, cherry and coconut snacks are the perfect pick-me-up to give you a boost of energy without lots of empty calories

SKILL LEVEL:  **SERVES 12** **PREPARATION:** 15 minutes

HOW TO MAKE

1 Place the walnuts, cinnamon and salt in a food processor. Process for approximately one minute until the nuts are finely ground.

2 Add the dates, cherries, oil, almond butter and extract. Process until well combined; the mixture should have a thick, sticky consistency. Check to see if you can form a truffle by rolling some of the

mixture in your hands. If it falls apart easily, blend in the maple syrup.

3 Spread the coconut onto a plate. Scoop up the nut mixture with a large spoon and roll into 1 in (2.5cm) balls. Roll each in the coconut until generously coated. Store the truffles in an airtight container in the refrigerator for up to one week, or in the freezer for up to six months.

CHEF'S TIP

Use Medjool dates for this recipe – they're always fresh and moist with just the right amount of stickiness to bind these truffles together.

YOU WILL NEED

- 2 bunches curly green or purple kale, washed, dried, stemmed and torn into large bite-size pieces
- 1/8 cup (16g) pumpkin seeds
- 1/8 cup (18g) sunflower seeds
- 1/4 cup (35g) pine nuts
- 1/4 cup (240ml) water
- 1 tbsp freshly squeezed lemon juice
- 1 clove garlic (optional)
- 3 tbsp extra-virgin olive or canola oil
- 2 tbsp nutritional yeast
- 1 tsp sea salt

KCAL 263	FAT 19g	SATURATES 2g	CARBS 12g
SUGAR 1g	FIBRE 1g	PROTEIN 10g	SALT 2g

*PER SERVING



Kale chips

Even fussy children and teens will enjoy getting one of their five a day with these crunchy vegetable crisps. Pop them in your family's lunchbox for a tasty accompaniment to sandwiches

SKILL LEVEL: **SERVES 4** **PREPARATION:** 20 minutes
COOKING: 25-30 minutes

HOW TO MAKE

1 Preheat the oven to its lowest setting, around 110°C/225°F/Gas Mark ¼. Line four baking sheets with parchment paper. Divide the kale equally between two large bowls.

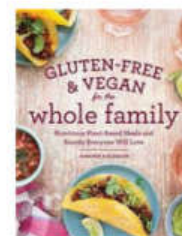
2 In a food processor, grind the pumpkin seeds, sunflower seeds and pine nuts until fine. Add the water, lemon juice, garlic, oil, yeast and salt. Process all the ingredients until mixed.

3 Pour the batter equally over each bowl of kale. With clean hands, toss the batter and kale well.

4 Evenly distribute the pieces of kale among the baking sheets and then bake in the oven for approximately 25 to 30 minutes until crisp, but not browned. Cool on a rack or a large plate and enjoy! The chips can be stored in an airtight container for up to three days.

CHEF'S TIP

If you don't have enough room in your oven to bake all four baking sheets at once, bake in batches of two.



Recipe from *Gluten-Free & Vegan for the Whole Family* by Jennifer Katzinger (Sasquatch Books, £17.99)

YOU WILL NEED

- 175g (6oz) sunflower seeds
- 45g (1½oz) unsweetened shredded coconut
- 35g (1oz) sesame seeds
- 75g (2½oz) dried cranberries or raisins, roughly chopped
- 1 tsp fine sea salt
- 1 tsp ground cinnamon
- 2 tbsp coconut oil
- 120ml (4fl oz) brown rice syrup or barley malt

KCAL
294

FAT
19g

SATURATES
7g

CARBS
22g

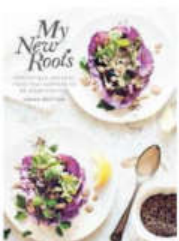
SUGAR
18g

FIBRE
3g

PROTEIN
7g

SALT
0.7g

*PER SERVING



Recipe taken from
My New Roots by
Sarah Britton (Pan
Macmillan, £20)



Photography: Sarah Britton

Sunflower sesame seed brittle

Salty and sweet with a deliciously crunchy texture, this version of peanut brittle uses sunflower seeds and no refined sugar, so it's much less allergenic and won't cause your blood sugar levels to spike

SKILL LEVEL: **SERVES 8** **PREPARATION:** 5 minutes **COOKING:** 20 minutes

HOW TO MAKE

1 Preheat the oven to 170°C/325°F/ Gas Mark 3. Line a rimmed baking sheet with baking parchment.

2 Combine the sunflower seeds, coconut, sesame seeds, cranberries, salt and cinnamon in a large mixing bowl and stir well.

3 In a small saucepan, melt the coconut oil over low heat. Add the syrup and whisk until uniform. Pour the liquid over the dry ingredients and fold quickly to incorporate it before the mixture becomes too sticky. Spoon the mixture onto the prepared baking sheet and smooth

out the top with the back of an oil-greased spatula.

4 Bake for 15 to 20 minutes, until golden brown. Let cool completely on the baking sheet.

5 Using the edges of the parchment as handles, lift the cooled brittle off the baking sheet, and put it on a work surface. Crack the brittle into pieces, and store them in a sealed container at room temperature for up to 2 weeks. If you used barley malt, you can keep the finished product in the freezer if you want it to be crisp, or at room temperature for a chewy brittle.

CHEF'S TIP

Sunflower seeds are an excellent way to incorporate vitamin E into your diet, which has anti-inflammatory effects that result in the reduction of symptoms of asthma, osteoarthritis and arthritis. It's also known to reduce the risk of colon cancer and diabetic complications.

Grab a giveaway!

Check out the amazing goodies we have to be won this issue

Fabulous gluten-free cookbook sets up for grabs

Susanna Booth's new book *Gloriously Gluten Free* (£20, Hamlyn) contains over 100 delicious, fresh, simple and irresistible gluten-free recipes, including hot chocolate pudding, coconut and lime chicken curry, and Swedish meatballs, as well as cheats, swaps and advice that make going gluten free easy. Also new this season is Louise Blair's *Gluten-free Food for Kids* (£12.99, Hamlyn), which is bursting with fun gluten-free recipes that kids of all ages will enjoy. All the recipes are simple to make and so tasty that the rest of the family will love them, too! Find out more about both at octopusbooks.co.uk.

We've got five book bundles to give away to lucky winners. To enter, text **ELGF9BOOK**, your name, address and email to 87474*. Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*

Over
£935
worth of prizes
to be won!



Delicious Alchemy baking mixes and breakfast goodies for six lucky readers

Delicious Alchemy's high-quality baking mixes, bread mixes and breakfast products have been developed specifically for people with coeliac disease and gluten intolerances, as well as appealing to those who eat GF by choice. The range includes chocolate brownie, oaty cookies, and vanilla sponge mixes, plus instant porridge oats and yummy bread mixes so you can enjoy all of your favourite treats without compromising on taste. Find out more at deliciousalchemy.co.uk. Six lucky readers will win a bundle of Delicious Alchemy goodies worth £30 each.

To enter, text **ELGF9DELICIOUS**, your name, address and email to 87474*. Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*

Ethical fashion hamper to be won

Fikay (fikay.co.uk) is an award-winning ethical fashion brand that crafts quality merchandise, promotes sustainable enterprise and pays its workers a fair, regular wage. Fikay has a gorgeous prize worth £140 up for grabs, which includes two Fikay bags, a set of Positivitea tea and two pairs of Original Jollies Socks, all in an ethical hamper. To enter, text **ELGF9FIKAY** followed by your name, address and email to 87474*. Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*

Win a hamper!





Perfectly Paleo vouchers to be won

Perfectly Paleo is the UK's trusted online source for Paleo-friendly cupboard essentials, from noodles and seasonings to sweet treats and even edible insects! All of the items it stocks are gluten, grain and refined sugar-free and have been carefully selected so you can get natural and nutrient-rich whole foods, delivered straight to your door. If this whets your appetite, then we have £25 worth of Perfectly Paleo vouchers to give away to six lucky winners, which can be spent online at perfectlypaleo.co.uk. To enter, text **ELGF9PALEO** followed by your name, address and email to **87474***. Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*

Three food hampers to give away

The ilumi Gluten Free Starter Pack is the go-to hamper for tasty, convenient and Coeliac UK-certified goodies, with a week's worth of dishes, plus snacks, hints and recipes to get your GF lifestyle off to the best start. Enter today, and you could be one of three lucky winners to receive this jam-packed hamper worth £50! To see the full range of GF foods available to buy, head to ilumiworld.com. To enter, text

ELGFILUMI followed by your name, address and email to **87474***. Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*



Lunch boxes from Yumbox up for grabs

Packed lunches just got a lot more stylish... The Yumbox (available in children and adult versions) makes packing healthy lunches a breeze. This award-winning, compact design will fit easily in your bag, plus its leakproof lid means you can pack yogurts and dips with no spills. The Yumbox is BPA-free and dishwasher safe, and available to buy in a rainbow of colours from eatwell-uk.co.uk. We've got six Yumboxes to give away, and each winner will be able to choose the colour they receive. To enter, text **ELGF9YUMBOX** followed by your name, address and email to **87474***. Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*

*To enter by post, write your name, address and chosen giveaway on the back of a postcard and send to: **Eating & Living Gluten Free** issue 9, 2nd Floor, Tower House, Fairfax Street, Bristol BS1 3BN.

Terms and conditions of entry

Texts are charged at 50p plus your standard network tariff rate. Promotion excludes Immediate Media employees. Open to UK residents only. By entering, you agree to be bound by the rules of the promotion. Only one entry per person, per competition allowed. No responsibility accepted for lost, delayed, ineligible or fraudulent entries. Winning entries chosen at random from all eligible entries. Winners notified by post within 28 days of closing date. The draw is final, no correspondence will be entered into. For details of winners, send an SAE to the address above within two months of closing date. If any winner cannot be contacted within one month of the closing date, the promoter will offer the prize to a runner-up. The promoter reserves the right to substitute the prize with one of the same or greater value, with no cash alternative. By entering this competition you are agreeing to receive details of future offers and promotions from Immediate Media Company Bristol Limited and related third parties. If you do not want to receive this information, please add 'NO INFO' at the end of your text message or on your postcard. Entrants' details will be used in accordance with Immediate's Privacy Policy <http://www.immediate.co.uk/privacy-policy>. For customer care issues, please call 0117 927 9009. The closing date for all entries is 11.59pm on 19th November 2015. Promoter: Immediate Media Company Bristol Limited.

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Spicy baked bites, perfect for sharing as a tasty starter. **Great Food Punchy Sweet Potato Pakora** from ocado.com, Morrison's and Sainsbury's, £2.25

Add a dollop of piquant pickle or fruity chutney to your poppadom plate. **Hot Lime Pickle and Cool Mango Chutney** from anilassaues.co.uk, £3.50



This deliciously soft naan, made from rice flour, is the perfect addition to any Indian meal. **Free From Garlic and Coriander Naan Bread** from Tesco, £2



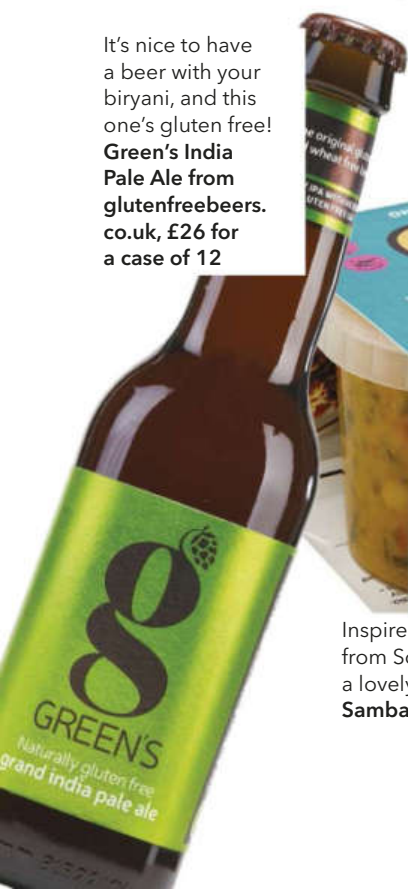
Sauces with a kick! Just add prawns, chicken or lamb for that takeaway flavour at home. **The Curry Sauce Co Balti Curry Sauce and Tikka Masala Curry Sauce** from ocado.com, £2.99

BEST BUYS

Indian summer

Spice up your life with these gluten-free curries and accompaniments

It's nice to have a beer with your biryani, and this one's gluten free! **Green's India Pale Ale** from glutenfreebeers.co.uk, £26 for a case of 12



Inspired by a classic one-pot recipe from South India, this dhal curry makes a lovely filling lunch. **Easy Bean Indian Sambar Dhal** from ocado.com, £3.49



Cool down your vindaloo with a refreshing yogurt and mint dip. **Meena's Signature Mint Raita** from ocado.com, £1.45

When you need curry in a hurry, reach for one of these easy rice pouches. **Tilda Steamed Basmati Vegetable Biryani and Steamed Basmati Pilau** from ocado.com, £1.59



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Ready, steady, bake!

Fill your house with delicious aromas this autumn with
a set of simple yet satisfying breads

Seeded soda bread **106**

Pumpkin and polenta bread **108**

Cheese & onion bread rolls **109**

COMFORT FOOD

BAKE HEARTY
CHEESE & ONION
ROLLS TO MOP UP
SOUP - **P109** >>

READY, STEADY, BAKE!



Photography: Tim May

Seeded soda bread

Soda bread is one of the easiest and quickest breads to make, and it's delicious served warm from the oven

SKILL LEVEL:  **MAKES** 1 loaf

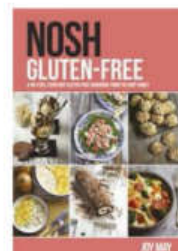
PREPARATION: 10 minutes **COOKING:** 45-50 minutes

YOU WILL NEED

- 350g (12oz) gluten-free white bread flour
- 2 tsp xanthan gum
- 3 tsp gluten-free bicarbonate of soda
- 2 tsp gluten-free cream of tartar
- 1 tsp salt
- 2 tbsp soft brown sugar
- 2 tbsp pumpkin seeds
- 1 tbsp sesame seeds
- 1 tbsp sunflower seeds
- 1 mug (300ml) buttermilk
- 1/3 mug (100ml) water
- Beaten egg to brush the top

KCAL 187	FAT 3g	SATURATES 1g	CARBS 29g
SUGAR 5g	FIBRE 1g	PROTEIN 9g	SALT 1.4g

*PER SERVING



Recipe from *Nosh Gluten-Free* by Joy May (inTRADE, £6.29). For more recipes, visit noshbooks.com

HOW TO MAKE

1 Preheat the oven to 220°C/200°C fan/425°F/Gas Mark 7. Grease a baking tray.

2 Put all the dry ingredients in a large bowl and mix together.

3 Mix in the liquids and it will form a soft dough. Turn out onto a floured surface and knead gently to ensure everything is well mixed. Form into a round and place on the baking tray.

4 Brush the top with beaten egg and then make slashes across the top of the loaf.

5 Bake in the oven for 45-50 minutes. The top should be lovely and brown, and the loaf should sound hollow when tapped on the bottom.

CHEF'S TIP

Soda bread is best eaten the day it's made, but it's also fine to freeze it. If you slice it before it goes in the freezer and store it in a plastic bag, then you can get out just as much as you need.

YOU WILL NEED

- 115g (4oz) butter
- 200g (7oz) sugar
- 200g (7oz) pumpkin purée (pumpkin roasted and blitzed in the blender)
- 250g (9oz) gluten-free plain flour
- 30g (1oz) polenta
- 130g (4½oz) buttermilk
- 1½ tsp gluten-free baking powder
- 3 eggs
- ½ tsp gluten-free bicarbonate of soda
- Handful of pumpkin seeds
- ½ tsp allspice
- Olive oil to baste

KCAL 251	FAT 10g	SATURATES 6g	CARBS 33g
SUGAR 18g	FIBRE 0.5g	PROTEIN 6g	SALT 0.5g

*PER SERVING



Photography: Vic North

Pumpkin and polenta bread

Inspired by an Italian recipe, this is a moist, sweet loaf thanks to the addition of pumpkin purée. It's at its very best the day it's made, and toasts a treat on the following

SKILL LEVEL: **SERVES 12** **PREPARATION:** 10 minutes
COOKING: 50-60 minutes

CHEF'S TIP

Pumpkin is a source of zeaxanthin, a natural anti-oxidant that can provide UV ray-filtering actions in the macula lutea in retina of the eyes, which means it may offer protection from age-related macular disease (ARMD) in the elderly.

HOW TO MAKE

1 Heat the oven to 180°C/350°F/ Gas Mark 4. Grease and line a loaf tin.

2 Beat the butter and the sugar until light and fluffy. Add the eggs one at a time and finally beat in the flour, polenta, baking powder and soda, plus the handful of seeds.

3 Spoon the batter into the pre-prepared tin, scatter the top with additional pumpkin seeds for colour and crunch plus a little olive oil. Pop it into the oven and bake for 50 to 60 minutes.

4 Allow to cool in the tin for a good 10 minutes before removing to cool completely on a wire grid tray.



Recipe from Vic North Cookery School. To find out more about their gluten-free cookery course, go to vicnorth.co.uk

Cheese and onion bread rolls

These soft, fluffy rolls go perfectly with a bowl of hearty vegetable soup and are great for popping in lunch boxes, too!

SKILL LEVEL:  **SERVES 4**

PREPARATION: 1 hour 40 minutes

COOKING: 35 minutes

YOU WILL NEED

- 50ml (1¾fl oz) warm water
- 1 tbsp sugar
- 1½ tsp dried yeast
- 200g (7oz) gluten-free white bread flour
- 1 tsp gluten-free baking powder
- 1 tsp xanthan gum
- ½ tsp salt
- 1 egg, beaten
- 30ml (1fl oz) olive oil
- 1 tbsp honey
- 90ml (3fl oz) warm water
- ½ tsp white wine vinegar

FOR THE TOPPING

- ½ onion, sliced
- ½ mug of grated Cheddar cheese
- 1 dessertspoon of olive oil
- Salt and pepper

KCAL 416	FAT 17g	SATURATES 5g	CARBS 49g
SUGAR 15g	FIBRE 1g	PROTEIN 15g	SALT 1.3g

*PER SERVING

CHEF'S TIP

For a pizza-like twist, add some chopped sun-dried tomatoes and olives to the mixture. Use dry ones rather than those stored in oil, though, as this will affect the consistency of your dough.



Photography: Tim May

HOW TO MAKE

1 Mix together the sugar and 50ml water, sprinkle over the yeast and mix together. Leave in a warm place for 5 to 7 minutes or until the yeast begins to bubble.

2 Mix the flour, baking powder, xanthan gum and salt together in a large bowl.

3 Mix together the egg, olive oil, honey, sugar, the warm water and the white wine vinegar.

4 Once the yeast has begun to froth a little, add to the dry ingredients, along with the egg mix. Mix

together, but do not beat. The dough will be quite soft.

5 Turn out onto a floured surface and cut into 4 pieces. Without kneading, form into bread buns. Place on a greased baking sheet and leave in a warm place for about 1 hour.

6 Preheat the oven to 190°C /170°C fan/350°F/Gas Mark 4. Mix the topping ingredients together in a small bowl and spread over the top of the rolls. Bake in the oven for 35 minutes. The tops will be nicely browned and the onions crisp.



Recipe from *Nosh Gluten-Free Baking* by Joy May (inTRADE, £8.99). For more recipes like this, visit noshbooks.com

Cook's BOOKSHELF

The perfect starting point to find cookbooks packed with gluten-free recipes



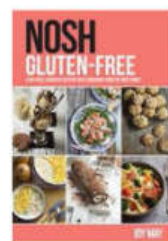
**EAT CLEAN
LIVE WELL**
by Terry Walters
£18.00, STIRLING

Terry Walters is a leading advocate of the clean eating movement, and in her third book she's created a comprehensive year-round collection of recipes. Be inspired by vegan, vegetarian and gluten-free dishes for each season to inspire you to make healthy eating choices.



**GLUTEN-FREE AND
VEGAN FOR THE
WHOLE FAMILY**
by Jennifer Katzinger
£15.58, SASQUATCH BOOKS

Make cooking for your family easier with these child-friendly recipes for breakfast, lunch, dinner and snacks. All the featured dishes are egg, dairy and gluten-free (and mostly soy-free, too), making this comprehensive tome a great addition to your cookbook shelf.



NOSH GLUTEN-FREE
by Joy May
£6.99, IN TRADE

The May family has collaborated to make another book, this time dedicated to all things gluten free. Initially started to satisfy requests from GF family and friends, Joy discovered she too was gluten intolerant as she wrote the recipes, with the book thus becoming a personal journey.



DELICIOUS GLUTEN-FREE BAKING
by Howard Middleton
£16.99, LITTLE, BROWN

Howard Middleton was one of the most endearing competitors on the fourth series of *The Great British Bake Off* (who can forget 'Custardgate' and the elbowed muffin?), and his first recipe book is sure to be just as popular! Howard is passionate about experimenting to create dishes for restricted diets, and his collection of sweet and savoury recipes are all gluten-free, wheat-free and mostly dairy-free, and also delicious. A great addition to your book pile this autumn.



**MEZZE: SMALL PLATES
TO SHARE**
by Ghillie Basan
£16.99, RYLAND PETERS & SMALL

Impress your friends and family by whipping up a selection of these dishes when they next visit. Mixing mouthwatering Mediterranean and Middle Eastern flavours, you'll find treats such as pan-fried halloumi dusted with za'atar and aromatic stuffed mussels. Expect lots of repeat visits from guests!



THAT SUGAR BOOK
by Damon Gameau
£10.49, PAN MACMILLAN

Created as a tie-in to health documentary *That Sugar Film*, Damon Gameau took on the challenge of eating 40 tsp of sugar a day – but only from so-called 'healthy' foods. He details the effects of too much sugar on the body and how much is hidden in supermarket foods, plus find a selection of sugar-free recipes.



**MERINGUE GIRLS:
EVERYTHING SWEET**
by Alex Hoffer and
Stacey O'Gorman
£18.00, VINTAGE

The Meringue Girls are back with another collection of yummy recipes! With dishes including rhubarb and rose honeycomb and raspberry and lemon layer cake, plus chapters divided into themes covering gifts, parties and back to basics, you won't regret buying this book to enhance your repertoire of sweet treats.



**ANTI-INFLAMMATORY
EATING MADE EASY**
by Michelle Babb
£16.99, SASQUATCH BOOKS

An anti-inflammatory diet can potentially ease health conditions such as arthritis and type 2 diabetes, so dietitian Michelle Babb has created recipes to help you easily incorporate this type of eating into your everyday meals. Illustrated with glossy colour photos, you'll find over 75 recipes to take you throughout the day.



THE DETOX KITCHEN BIBLE

by Lily Simpson
and Rob Hobson

£25, BLOOMSBURY

A combination of chef Lily's recipes with nutritionist Rob's advice on using them for specific health requirements, you'll love these wheat, dairy and refined sugar-free dishes. Lily's recipes are influenced by her travels in Italy, France and Asia, featuring lots of herbs, spices and oils.



FAMILY FOOD: 130 DELICIOUS PALEO RECIPES FOR EVERY DAY

by Pete Evans

£18.99, PAN MACMILLAN

Australian chef Pete Evans has expanded his range of Paleo cookbooks with this new offering, geared towards producing healthy food for families with a busy lifestyle. All recipes are gluten, dairy and sugar-free, focusing on sustainable meat and seafood, vegetables, nuts and seeds.

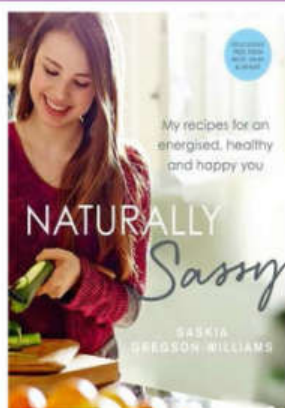


500 STUDENT MEALS

by Deborah Gray

£9.99, APPLE PRESS

Students aren't renowned for their healthy eating, but this book aims to provide them with all the recipes they'll need to eat well and cheaply, with many vegetarian, vegan and gluten-free options. A perfect gift for any students heading off to university.



NATURALLY SASSY

by Saskia Gregson-Williams

£16.99, Ebury Press

Saskia Gregson-Williams totally overhauled her diet to help her dance career, and the result is a blossoming second career as an advocate of meat, gluten, sugar and dairy-free eating. All this, and she's only 17 years old! In Saskia's debut cookbook she's sharing recipes such as golden granola, caramel mousse, coconut cream parfait, creamy risotto and spirals of beetroot salad, all of which are built around four key things: simplicity, affordability, ease and taste.



FRIES

by Laura Washburn

£9.99, RYLAND PETERS & SMALL

The humble potato is given a comprehensive makeover with this collection of recipes for fries, from simple chips to crumb coated and loaded. There are also ways to make them from parsnip, pumpkin and beetroot, plus delicious dips.



MY NEW ROOTS

by Sarah Britton

£20, PAN MACMILLAN

The tagline of Sarah's popular blog of the same name is 'how to make healthy choices every day', so in her first cookbook she's sharing ways to do this. She's created vegetarian recipes based on whole foods, including chai upside-down plum cake and chocolate chilli.



IN THE MOOD FOR HEALTHY FOOD

by Jo Pratt

£20, DUNCAN BAIRD

Talented writer and cook Jo Pratt has come up trumps with her healthy take on simple recipes. Ginger berry muffins, beetroot gnocchi and chocolate pumpkin cheesecake may sound decadent, but Jo has created nutritious versions to help you eat healthily as well as deliciously!

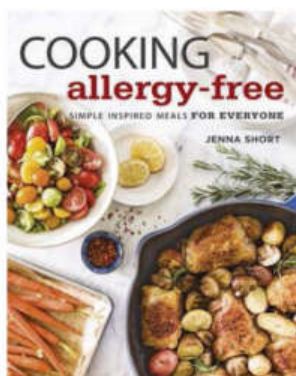


TRULY MADLY HEALTHY FREE FROM RECIPES

by Gemma Govier

£19.99, TRULY MADLY HEALTHY.CO.UK

Gemma has brought together over 130 free-from and healthy recipes in her second book. It features dishes for all the family that are designed to be quick, simple and tasty, and includes healthier versions of favourites, such as gluten-free sticky toffee pudding.



COOKING ALLERGY-FREE

by Jenna Short

£19.99, TAUNTON PRESS

If you're looking for a comprehensive recipe book that deals with cooking dishes that are free from the 'big 8' allergens (eggs, soy, nuts, dairy, gluten, shellfish, fish and corn), you'll love this collection. Dishes include spicy cauliflower fritters, pumpkin pear soup with sunchokes and flourless molten chocolate cookies, and each one is free from at least one allergen, is comprehensively dietitian-tested and includes substitutions so that you can make it for those with other allergies.



CHICKEN WINGS

by Carol Hilker

£16.99, RYLANDS PETER & SMALL

Get creative and learn 70 different ways of cooking this American favourite! There are spicy versions such as habanero and pineapple, classics such as tangy BBQ, plus some new takes on tradition including sake with plum-cream dipping sauce.

Conversion charts

Our weights and measures are provided in metric but if you'd prefer to use imperial or US measures here's a set of handy conversion tables

VOLUME (LIQUIDS)

METRIC	IMPERIAL	US
5ml	1 tsp	
10ml	1 dessert sp	
15ml	1 tbsp	
30ml	1 fl oz	
40ml	1½ fl oz	
50ml	1¾ fl oz	
60ml	2 fl oz	¼ cup
85ml	3 fl oz	
100ml	3½ fl oz	
120ml	4 fl oz	½ cup
150ml	5 fl oz / ¼ pint	
180ml	6 fl oz	¾ cup
200ml	7 fl oz	
240ml	8½ fl oz	1 cup
300ml	10½ fl oz / ½ pint	1¼ cups
340ml	12 fl oz	
370ml	13 fl oz	
400ml	14 fl oz	
425ml	15 fl oz / ¾ pint	
480ml	17 fl oz	2 cups
510ml	18 fl oz	
560ml	19¾ fl oz / 1 pint	
600ml	21 fl oz	
700ml	1¼ pints	
850ml	1½ pints	
1 litre	1¾ pints	
1.1 litres	2 pints	1 quart
1.4 litres	2½ pints	
1.7 litres	3 pints	
2 litres	3½ pints	

MEASUREMENTS

5mm	¼ inch	15cm	6 inches
1cm	½ inch	17cm	6½ inches
2cm	¾ inch	18cm	7 inches
2.5cm	1 inch	20cm	8 inches
3cm	1¼ inches	23cm	9 inches
4cm	1½ inches	24cm	9½ inches
5cm	2 inches	25cm	10 inches
7.5cm	3 inches	28cm	11 inches
10cm	4 inches	30cm	12 inches
12cm	4½ inches	32cm	12½ inches

US CUPS

Officially, a US cup is 240ml. This is slightly different to an Australian, Canadian and South African cup, which is 250ml. As long as you use the same cup for measuring out each of your ingredients, the proportions should work out the same.

INGREDIENT	1 CUP	¾ CUP	⅔ CUP	½ CUP	⅓ CUP	¼ CUP	2 TBSP
Flour	120g	90g	80g	60g	40g	30g	15g
Flour (sieved)	110g	80g	50g	55g	35g	27g	13g
Sugar (granulated)	200g	150g	130g	100g	65g	50g	25g
Icing Sugar	100g	75g	70g	50g	35g	25g	13g
Brown Sugar	180g	135g	120g	90g	60g	45g	23g
Cornflour (corn starch)	120g	90g	80g	60g	40g	30g	15g
Rice (uncooked)	190g	140g	125g	95g	65g	48g	24g
Polenta (uncooked)	180g	135g	120g	90g	60g	45g	22g
Oats (uncooked)	90g	65g	60g	45g	30g	22g	11g
Table Salt	300g	230g	200g	150g	100g	75g	40g
Butter	240g	180g	160g	120g	80g	60g	30g
Nuts (chopped)	150g	110g	100g	75g	50g	40g	20g
Nuts (ground)	120g	90g	80g	60g	40g	30g	15g
Breadcrumbs (fresh)	60g	45g	40g	30g	20g	15g	10g
Breadcrumbs (dry)	150g	110g	100g	75g	50g	40g	20g
Sultanas / Raisins	200g	150g	130g	100g	65g	50g	22g

OVEN TEMPERATURES

°Celsius	Fan °Celsius	°Fahrenheit	Gas mark	Description
110	90	225	¼	Cool
120	100	250	½	Cool
140	120	275	1	Very low
150	130	300	2	Low
160	140	325	3	Warm
180	160	350	4	Moderate
190	170	375	5	Moderately hot
200	180	400	6	Hot
220	200	425	7	Hot
230	210	450	8	Very hot

WEIGHT (SOLIDS)

METRIC	IMPERIAL
7g	¼ oz
15g	½ oz
20g	¾ oz
25g	1 oz
40g	1½ oz
50g	2 oz
60g	2½ oz
75g	3 oz
100g	3½ oz
125g	4 oz
140g	4½ oz
150g	5 oz
165g	5½ oz
175g	6 oz
200g	7 oz
225g	8 oz
250g	9 oz
275g	10 oz
300g	11 oz
350g	12 oz
375g	13 oz
400g	14 oz
425g	15 oz
450g	1 lb
500g	1 lb 2 oz
550g	1¼ lb
600g	1 lb 5 oz
650g	1 lb 7 oz
675g	1½ lb
700g	1 lb 9 oz
750g	1 lb 11 oz
800g	1¾ lb
900g	2 lb
1kg	2¼ lb
1.1kg	2½ lb
1.25kg	2¾ lb
1.35kg	3 lb
1.5kg	3 lb 6 oz
2kg	4½ lb
2.25kg	5 lb
2.5kg	5½ lb
2.75kg	6 lb
3kg	6 lb 8 oz



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My recipe for success

Ugne Bubnaityte, the GF-friendly contestant from *Bake Off*, talks healthy cooking, bodybuilding and wine!



BEING ON THE GBBO

There were too many amazing memories to single out from my time on the *GBBO*, but there was never a dull moment whenever Mel and Sue were near. What did Mary and Paul think of my gluten-free cakes? Well, you'll just have to keep watching the series to find out!

Indulgences

Although I try to make my recipes and my baking as healthy as possible, when it comes to guilty pleasures, let's talk wine. A nice chilled bottle of quality white Burgundy – yes, please!

My heritage

My Lithuanian heritage has definitely inspired my cooking. As a child, I was lucky that the quality of everything that we ate was phenomenal. I truly believe that the quality of your ingredient will directly impact the flavour and texture of your finished bake! I'd rather pay a bit more for good produce to get that extra bit of enjoyment from my creations – baking should be indulgent, not something that's skimped on.



HEALTHY BAKES

With fitness featuring heavily in our household, and being a mum to two young children, I had to find a way to make tasty food for my family without it being overly calorific. I still wanted my children to enjoy 'sweet' treats without the big amounts of refined sugar in it, so this drove me to creating indulgent but lifestyle-friendly bakes.

★ Find more of Ugne's recipes on her website, ugnebakes.com, where she's also sharing her *GBBO* experiences with a weekly blog.

Inspirations

I have fond childhood memories of my family's baking. I grew up surrounded by rolling fields and woods in Lithuania, where everything was either home-grown or from surrounding farms, and was totally organic, from fruits and berries to the flour, which was milled at a small mill not far from our family home. My parents kept bees so we had our own honey, which we used as a sweetener. As my baking skills developed I became more inspired by the great European and North American bakers of our time, and these days a lot of my bakes incorporate American-style flavourings and fillings.

Let us eat cake!

A lot of the media has picked on my saying that cake is a "nutritional sin". What I mean is that we're bombarded on a daily basis with the thought that refined sugar and fat are 'bad' for you. So I try to make recipes just as indulgent but

with a bit of 'Ugne magic' to bring the calories down.



BEING A BODYBUILDER

I'm not a pro bodybuilder, as I've never competed nor is it my occupation. I'm just a person who cares about my wellbeing and enjoys training – a healthy body hosts a healthy mind for clever baking! My partner has taken part in competitions, however, and depending on where my baking takes me, I may compete for the first time next year!



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